

Airport, border security beefed up after terror warning

Portuguese authorities said this week that enhanced airport and border security measures, implemented in response to warnings by the Spanish government of a possible threat from Islamic terrorism, will be maintained until further notice. (See Page 3)

Drugs disappear from police HQ

Large amounts of drugs that had been confiscated from two suspected traffickers have been reported as missing from GNR-BT police headquarters in Albufeira. (See Page 4)

UK paper eases on anti-ambassador article

The Daily Mirror has published a correction to an opinion article it published late last year about the Portuguese Ambassador to Britain and the case of Madeleine McCann, following a record number of complaints lodged with the British press watchdog. (See Page 7)

Lisbon rejects blame for EU-Africa failings

A senior Portuguese official has rejected any responsibility of Lisbon in the failure to reach Economic Partnership Agreements (EPA) with African nations during the Portuguese EU presidency late last year. (See Page 8)

Seven day weather outlook

Lisbon: No rain is expected in the capital in the coming week. After a mild weekend, with temperatures in the region of 17°, thermometers will not rise above 18° next week. **Faro:** Blue skies, with no rain predicted, will dominate the next seven days, with highs of 18° and 19°. In **Oporto**, the skies will be partly cloudy next week, and after reaching 16° this weekend, temperatures are not forecast to exceed 14° between Monday and Friday.



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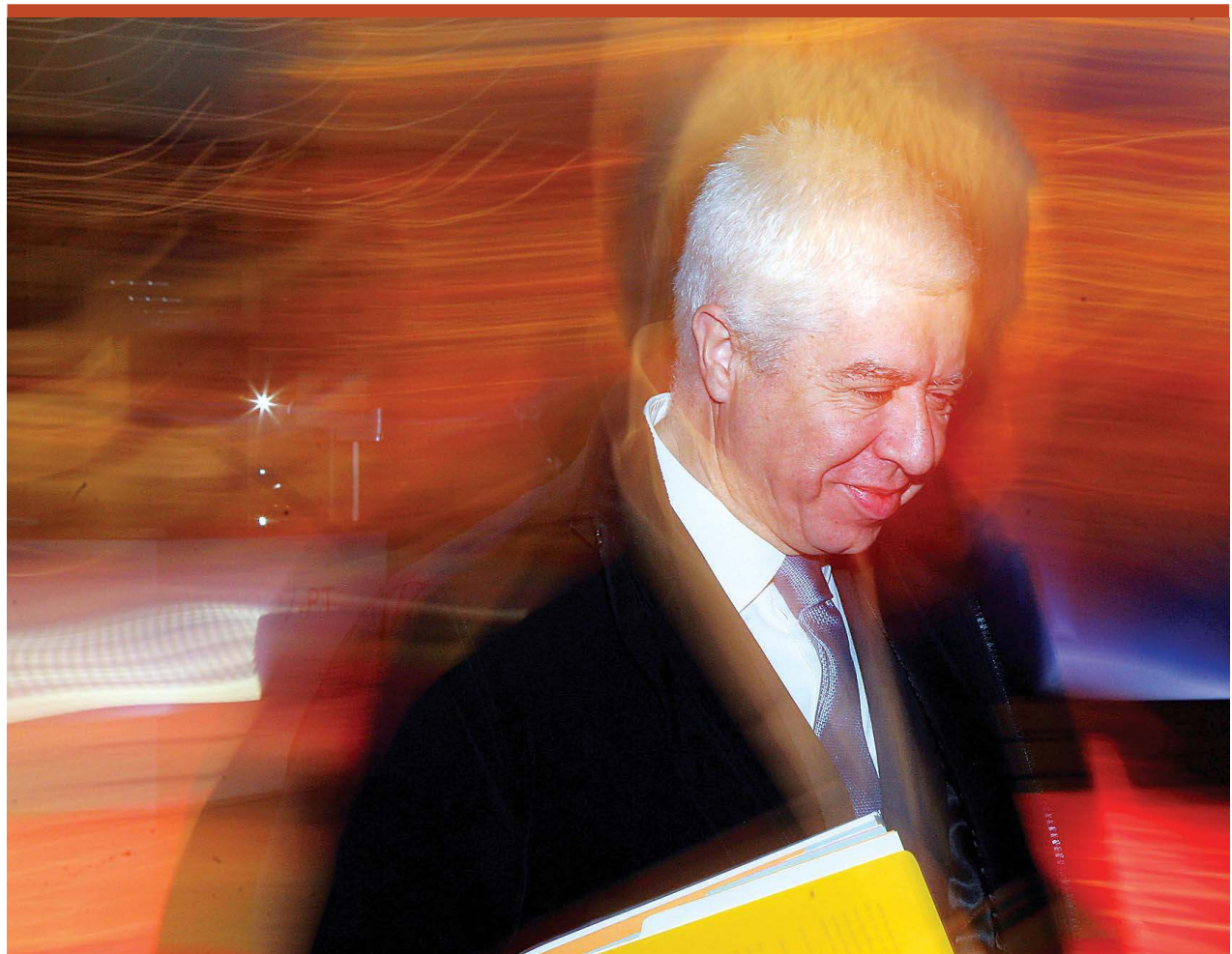
**Madeleine
Update**
see
pp 3 & 7



Portugal refuses to press panic button after financial turmoil in U.S.

GOV'T MAINTAINS GROWTH TARGETS

With a staggering loss of 12 billion euros in daily trading, Monday's 5.8 percent fall in the Lisbon Stock Exchange was bigger than that recorded in the wake of the 9/11 terrorist attacks and the worst since the mini-crash on October 1st, 1998. But despite the market turmoil experienced the past week with fears of recession in the United States, the Minister of Finance expressed confidence that Portugal and Europe were well-equipped to handle the current crisis on the international markets and that growth targets were not in need of revision. **Gov't, see p. 64**



Portuguese Finance Minister Teixeira dos Santos seen here at a Ecofin meeting of Finance Ministers in Brussels last month, where he expressed concerns over the economic slowdown in the Euro Zone. He was more buoyant this week though, saying Europe and Portugal are strong enough to overcome the adverse effects of a potential recession in the United States. (Photo: EPA/Olivier Hoslet)

Boosting growth and jobs by meeting climate change commitments



The European Commission has this week agreed on a far-reaching package of proposals that will deliver the European Council's commitments to fight climate change and promote renewable energy.



European Commission President, José Manuel Barroso attends a news conference after presenting a climate plan in a mini plenary session of the European Parliament in Brussels on Wednesday. The European Union officials adopted landmark proposals that will make the 27-nation bloc a world leader in the fight against climate change, but tradeoffs will include higher energy bills. The European Commission approved detailed plans to cut planet-warming greenhouse gas emissions by one-fifth and split among EU states a target to produce one-fifth of all power from renewable sources like the wind and sun by 2020. José Manuel Barroso, called the fiercely contested package "the right policy framework for transformation to an environment-friendly European economy and said it would "continue to lead the international action to protect our planet." (Photo: EPA/Olivier Hoslet)

The proposals, says the EC, demonstrate that the targets agreed last year are technologically and economically possible and provide a unique business opportunity for thousands of European companies.

These measures will reportedly dramatically increase the use of renewable energy in each country and set legally enforceable targets for governments to achieve them.

All major CO2 emitters will be given an incentive to develop clean production technologies through a thorough reform of the

Emissions Trading System (ETS) that will impose an EU-wide cap on emissions.

The package seeks to enforce the European Union to reduce greenhouse gases by at least 20% and increases to 20% the share of renewable energies in the total energy consumption by 2020, as agreed by EU leaders in March 2007. The emissions reduction will be increased to 30% by 2020 when a new global climate change agreement is reached.

EC President, José Manuel Barroso said, "Responding to the challenge of climate change

is the ultimate political test for our generation. Our mission, indeed our duty, is to provide the right policy framework for transformation to an environment friendly European economy and to continue to lead the international action to protect our planet. Our package not only responds to this challenge, but holds the right answer to the challenge of energy security and is an opportunity that should create thousands of new businesses and millions of jobs in Europe. We must grasp that opportunity".

EU report finds more women in work, but says better jobs needed

Women are continuing to drive employment growth in Europe, but remain disadvantaged on the labour market in relation to men, says a report adopted by the European Commission on Wednesday.

Despite higher educational attainment, women continue to be employed less and paid less than men. The 2008 report on Equality between women and men will be transmitted to EU leaders at the Spring Summit on 8-9 March.

"Our strategy for growth and jobs has been successful in creating more jobs for women in the EU," said Equal Opportunities Commissioner Vladimir Spidla.

"But ongoing challenges like the pay gap, labour market segregation, and work/life balance mean we still have some way to go to make those jobs 'better' jobs too. Overall, despite their better educational attainment, women's careers are shorter, slower and less well-paid: it is clear that we need to do more to make full use of the productive potential of the workforce."

The Commission report highlights that the quantitative progress of women on the labour market has not yet been matched in qualitative terms. On the one hand, more than 7.5 out of the 12

million new jobs created in the EU since 2000 have been taken by women.

Their employment rate now stands at 57.2%, or 3.5 points above its 2000 level, compared with a less than one point rise in the rate of male employment over the same period. Similarly, the rise in the rate of employment of women over the age of 55 has been significantly faster than that of men, and now stands at 34.8%, i.e. a 7.4 points increase on 2000.

On the other hand, several aspects of the quality of women's work remain problematic. Despite the fact that women represent 59% of university graduates and have a better educational attainment, their employment rate remains lower than men's (by

14.4 points) and they continue to earn on average 15% less than men for every hour worked.

Women also face greater difficulties in reaching decision-making positions. The presence of female managers in companies is progressing very slowly and stands at only 33%. Work/life balance is one area where major differences persist between women and men.

The employment rate of women with young children is only 62.4%, compared with 91.4% for men with children. And women have a disproportionately high recourse to part-time work (32.9%) compared with men (7.7%), underlining the imbalance between men and women in the use of time.

Neglect against the elderly triples

According to recent figures, the phenomenon of cruelty towards the aged in Portugal has tripled over the past five years, from a documented 8,000 to 25,000 cases of violence against the over-64s.

A police source has also confirmed the apparent rise in these cases, revealing that, in 2007, "there was a rise in how many situations were reported, not necessarily indicting a rise in the number of offences committed, but in the number of complaints".

In 2006, of the 2,911 complaints made to the PSP police, only 139 are pertinent to violence

against the elderly.

"The elderly are silent victims as they do not press charges because they are already afraid", explained the Attorney-General Fernando Pinto Monteiro, which also guaranteed his office received hundreds of faxes and phone calls reporting such situations.

Social services have been urged to double their efforts in looking out for the elderly, and, according to Pinto Monteiro, fighting this phenomenon has become a priority for 2008.

He said, "There are no critics that will deter me from changing

my plan", he said, adding that "urgent action" is needed.

It has been reported that the most common forms of neglect include physical abuse (beating, torture, food deprivation, etc.) as well as psychological abuse, abandonment, wrongly administering medication, and even extorting money.



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PJ rule out sketch suspect

Portuguese PJ police have waived any importance that a recently-released artist's impression of a man described by a holidaymaker might have held in relation to Madeleine McCann's disappearance and have revealed that the individual in question was in fact interrogated more than once by Portuguese investigators, the first time just twenty days after the toddler's

disappearance on May 3rd, 2007.

Portuguese police "spoke informally to" the individual in May 2007 and immediately cleared him of any involvement in the disappearance of Madeleine McCann, the *Correio da Manhã* reported on Thursday.

This week a second British citizen on holiday in Portugal recog-

nised the suspect and drew it to police attention, which led to him being re-questioned and once more any involvement in the child's disappearance was dismissed.

Reporters of the newspaper meanwhile said they tracked down the individual and located him in the small village of Barão de São de João, between Lagos and Espiche. (See also page 7)

Airport, border security beefed up in response to Spain's Islamist terror warning



The Portuguese authorities said this week that enhanced airport and border security measures, implemented in response to warnings by the Spanish government of a possible threat from Islamic terrorism, will be maintained until further notice.

After a meeting of Lisbon's Security Coordination Office (GCS), Internal Administration Minister Rui Pereira said: "The level of alert will remain in place. This was the conclusion of the encounter."

Earlier in the week, Pereira had announced a stepping up of security at Portugal's airports and frontiers after Lisbon received warnings from Madrid at the weekend that two Pakistanis linked to an alleged Islamist terrorist cell could have passed through or still be in Portugal.

A dozen Pakistanis and two Indians were detained in Barcelona at the weekend, Spanish media reported, and were allegedly plotting suicide attacks in the Catalan capital to coincide with the European visit of Pakistani President Pervez Musharraf.

After the meeting of Portugal's GCS, Lisbon's interior minister declined to comment on the possible presence of Islamist fundamentalists in his country, saying only that the matter was the responsibility of the Portuguese security services.

Reacting to Spain's terror alert on Sunday, Prime Minister José Sócrates praised the "excellent work" undertaken by Portugal's intelligence and security agencies working in close cooperation with their European counterparts, including Spain's.

Meanwhile, the national direc-

tor of Portugal's Judiciary Police (PJ) said on Tuesday in published comments that it was "plausible" terrorist groups might be using the country as a point of "logistical support", but that it was unlikely it faced a direct terrorist threat.

In an interview, Alípio Ribeiro told Lisbon daily *Diário Económico* that eventual clandestine "logistical support" for terrorists in Portugal could take

the form of obtaining false documents.

The PJ chief said he considered the possibility of Portugal becoming a terrorist target "remote", but that authorities should remain alert to "all hypotheses".

Portugal has downplayed the possibility of any immediate terrorist threat in the country, which is not on the itinerary of President Musharraf.

TPN/Lusa



Gerry and Kate McCann in Rothely, Leicestershire, 20 January on their way to church. The McCanns have released a sketch of a man who was in Praia De Luz when their daughter Madeleine McCann went missing in May last year. (Photo: EPA/Steve Woods)

Milk crisis pushes prices through the roof

The price of milk is to rise by more than ten cents per litre in the coming month - a rise superior to that estimated and announced by the Government at the beginning of this year, and which has reportedly been caused by an ever-growing imbalance between production and consumption.

Dwindling numbers of cattle-producers and growing numbers of dairy farmers swapping cow-grazing pastures for fields of bio-combustible cereal production are said to be the main culprits for the crisis.

Climate changes that have left once lush pastures dry have also been pointed out as contributing factors to declining milk productivity, along with a shortage of livestock.

With each healthy cow now fetching anything up to €2,500 per head, herds are becoming smaller.

Problems in obtaining necessary licences have also hindered production, making it an overall costlier and more complex process.

Better known brands of milk, such as Agros, Mimosa and Gresso, have recently been selling milk at an average €0.64 per litre. That price may now face inflation of up to 15.6 per cent.

This has caused a mass consumer rush, which in many supermarkets had led to milk selling out. In fact, according to main distributor Lactogal, responsible for more than 50 per cent of the country's supplies, the product has sold out at record speeds in most large commercial supermarkets.

Whilst refusing to comment on the current crises, a source from Lactogal's administration said, "Since 2007 we have been experiencing the most serious milk shortages in recent years, and the reasons are many".

One distributor said, "It is simple. Those distributing milk have no interest in putting milk on shelves now if they know that in two weeks time they can be making an extra ten cents per each litre sold".

"Ten cents per litre is actually many millions more, made in just a few hours", he concluded.

Consumers' rights watchdog DECO has said it will be asking the government for an explanation regarding this matter.

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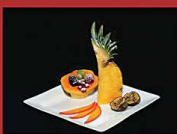
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The climbing waters from the Zambezi River flooding the roads between Caia and Sena towns, 1500 km from Maputo, last week. (Photo: Lusa / Pedro Sá da Bandeira)

Weeks of floods displace 77,000 in Zambezi



More than 77,000 people have been displaced by heavy flooding in central Mozambique, but no new flood-related fatalities have been reported for days, an official said this week.

Belarmino Chivambo, a spokesman for the National Emergency Operational Centre (CENOE) in Maputo, also said that discharges from the giant Cahora Bassa dam on the Zambezi River were stabilizing, down to 4,800 cubic metres per second during the previous 24-hour period from a peak of 5,500 at the height of the flooding.

The latest rescue and evacuation operations, Chivambo added, raised the number of displaced in the Zambezi valley to

77,150, while the death toll remained unchanged from last week, at seven.

The government has estimated it will need €24 million to face immediate rescue, aid and resettlement needs.

Official contingency scenarios estimate that the number of displaced could multiply to 1 million if seasonal cyclones strike in February, adding to the weeks-old flood crisis.

These scenarios estimate emergency aid needs at €300 million.

TPN/Lusa

Drugs disappear from police headquarters

Large amounts of drugs that had been confiscated from two suspected traffickers have been reported as missing from GNR-BT police headquarters in Albufeira.

Reports say the substances, cocaine and heroin, were of quantities large enough to make up 200 and 600 individual doses respectively. It was only after police went to collect the substances to hand over to courts as evidence in

the suspects' trial, that they noticed the drugs were missing.

However, Commander Rui Fernandes, head of the Albufeira BT squad says he does not believe the illegal substances were stolen, there were no signs of a break-in, and only one officer has the key to the safe.

After being apprehended, the drugs were placed in an envelope and left under the supervision of a

police guard, who in turn should have placed the envelope in a guarded safe.

The possibility that the envelope never made it to the safe is being considered as, explained Commander Fernandes, "It could have been dropped or switched and placed by mistake in a wrong location". An investigation is underway.

Even so, the two suspects were

tried for their alleged crime and sentenced to preventative imprisonment.

Illegal immigration ring members jailed

Three of the 53 suspects involved in a mega-process relating to aiding illegal immigration, corruption, money-laundering and forging documents have been sentenced to prison terms varying between four and nine years, with a further 46 receiving minor jail sentences.

Heard in Lagos' courthouse, ring-leader Galina Volontir, a Moldavian citizen and the alleged brains behind the set-up, was given the heaviest sentence of nine years' prison after being found guilty of all of the afore-mentioned crimes.

Her compatriot Andrei Dumitru was sentenced to five years and four months in jail for the same crimes, with the exception of corruption.

Portuguese national Carlos Jesus, an employee of the Lagos Job Centre, was also sentenced to five years in prison, though he was not immediately incarcerated as an appeal he made to Évora courts is still

being considered.

A further four of the 53 people involved have been acquitted.

The remaining 46 suspects have been assigned prison sentences of between one year and two months, and four years, though these have been suspended in lieu of probation.

Making up the 53 suspects were 19 businesses or companies, which have also been subject to heavy fines of 14 or 16 euros per day, for periods ranging between 110 and 460 days.

Other suspects associated with civil construction and the restaurant trade, have also been instructed to pay fines of between €1,250 and €12,500, €150,000, of which is to be divided between the local City Hall and the Lucinda Anino dos Santos Social Centre.

During the course of the trial more than 30,000 phone calls were heard, which had been taped over numerous months and which were decisive in defining exactly

how the group operated.

It was proved in the courts that Galina Volontir, with the help of Andrei Dumitru and a handful of other compatriots, had devised a way to make money by selling fake visas in Moldavia for between €2,000 and €2,500, along with the promise of work in Portugal.

It was further proved other business and companies involved in this activity were fully aware of its illegality, concluding it would not have worked without the businessmen, who collaborated with the ring-leaders to obtain the visas in exchange for monetary compensation. According to the courts, after all the necessary paperwork had been gathered, it was sent to the embassy for visas. In turn, the 26 lawyers representing the suspects have announced they intend to contest the court's decision, considering the sentences too heavy in relation to the crimes.

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New hospitals for Faro and Lisbon



Health Minister Correia de Campos this week confirmed the building of new hospitals in Faro and Sintra, following a statement in which he also announced that the worst areas for health care were coastal regions and around big cities.

The Health Minister made the announcement on the day he visited four of Sintra's larger health units, to verify exactly what was happening with the health service north of Lisbon.

When questioned by journalists about the lack of space in Faro Hospital's emergency department, which results in patients with respiratory diseases being mixed with patients with infectious diseases, without any type of adequate isolation between the two, Correia de Campos said, "Problems are overcome by looking to the future", before announcing the construction of a new unit in Faro.

According to the Health Minister, "Faro has one problem in particular that complicates its straightforward functioning and that is its seasonality. There is a period during the year where

Faro's population triples for two or three months, making managing an effective response very difficult. That is what we are aiming to overcome".

He added, "Faro will have a central hospital and we are taking care of it. I hope that, in a few months, I will be able to announce a public concurso to find builders for the new unit".

Sintra will also be home to a new hospital, associated with the Amadora-Sintra unit, though will not have more than 150 beds and, according to Minister Correia, should start to take shape sometime towards the end of the year.

The location for this new hospital has not yet been found, but, according to Correia de Campos, that issue must still be debated with the Mayor of Sintra, Fernando Seara.



Health Minister, Correia de Campos (left) is greeted during his visit to the Monte a Lua Family Health Unit in Várzea de Sintra on Monday. (Photo: Lusa / Tiago Petinga)

One fifth of prescribed medicines go to waste

According to a recent survey, the amount of unused medicines in Portugal is at an all-time high, with more than one fifth of all patients (21.7 per cent) not taking their remedies, equalling substantial monetary values and unnecessary waste.

Half of the people who said they did not take all the tablets, did so because the boxes are inadequately sized.

This 'waste' was confirmed following a survey carried out by the National Association for Pharmacies, in collaboration with

the Health Quality Institute, which determined more than half of all prescribed medicines were left untouched.

The problem was brought to the attention of Parliament this week, where a 'unidose' solution (personalised dosages), was sug-

gested; an option that had been put forward last year.

Cost-wise, this waste totalled more than €4.40 per medicine and €5.83 per patient – which globally has been calculated as enough to build another two Vasco da Gama bridges.

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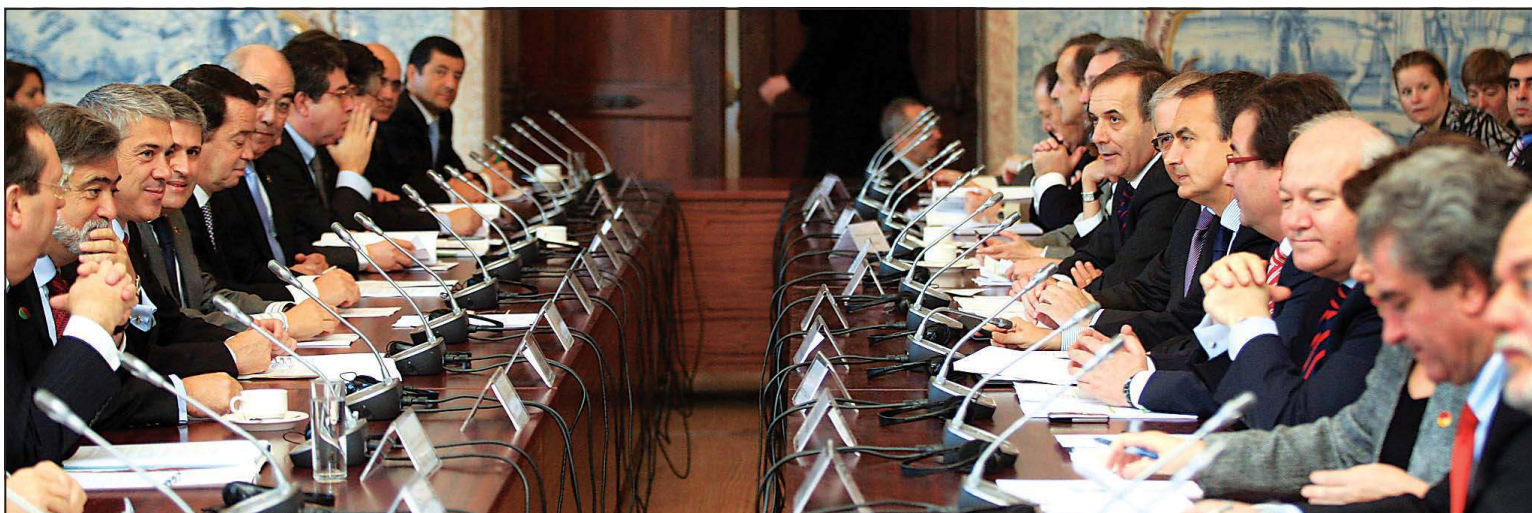
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Prime Minister, José Sócrates (L), and his Spanish counterpart, José Luis Zapatero, during the Portugal Spain summit on 19th January in Braga. (Photo: Lusa / Estela Silva)

Security, energy, science at centre of annual Lisbon-Madrid summit



Led by the prime ministers of Portugal and Spain, senior government delegations met the past weekend for the 23rd annual Iberian summit in the northern Portuguese city of Braga.

José Sócrates of Portugal and José Luis Zapatero of Spain centred their attention primarily on issues related to common security, energy and technology innovation projects.

The Superior Luso-Spanish Council on Security and Defence, created in 2006, also met for the first time on the sidelines of the two-day summit. The two leaders also participated in the groundbreaking ceremony of the future International Iberian Laboratory of Nanotechnology, a

joint project that will cost Lisbon and Madrid some €30 million annually and employ about 200 scientists from the two countries.

A bilateral accord for fishing around the Spanish Canary islands, and Portugal's Azores and Madeira archipelagos was signed, officials said.

On the energy front, Portugal and Spain set up an operator for the Iberian Energy market (MIBEL), and approved the organisation model and operating principles for the future Iberian

Gas Market (MIBGAS).

Plans for a high-speed train linking Lisbon and Madrid, water resources, health education, and social security issues were also on the table at the Friday-Saturday summit, along with a review of international topics of special importance to the two Iberian states, officials said.

Developments in Latin America, North Africa and the Mediterranean, areas of special interest to Portugal and Spain, were also discussed. *TPN/Lusa*

WEB

Web (INTERNET) noun [S]

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(From *Cambridge Advanced Learner's Dictionary*)

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New study results support EU pension initiative to aid worker mobility



Supplementary pension schemes continue to pose obstacles to mobility for workers across Europe according to two new independent studies, presented by the European Commission this week.

The studies support the case for a Europe-wide initiative to improve people's access to supplementary pension rights when changing jobs or working in another EU country. The Commission's proposal for a directive on the issue – revised in October 2007 – forms part of the work programme for the Slovenian EU Presidency.

"We need to enable workers to move freely around the EU without losing important work-related pension benefits," said EU Commissioner for Employment, Social Affairs and Equal Opportunities Vladimir Spidla.

"Tackling obstacles to worker mobility in Europe forms a key plank of the EU's strategy for growth and jobs and is an example of flexicurity – balancing flexibility on the labour market with employment security – in action.

"These new studies clearly demonstrate the need for an effective and proportionate directive to reduce obstacles to mobility without placing undue burdens on pension providers. I look forward to working with the Slovenian Presidency on finding agreement with Council and Parliament on this."

The first study released this week – conducted by Hewitt Associates – exam-

ines supplementary pension scheme rules in major organisations from nine EU countries.

The study sheds light on common practices regarding the acquisition, preservation and transfer of supplementary pension rights for workers.

Key findings show that many pension schemes do not impose any vesting period – the amount of time required for workers to accumulate pension rights – although there are still 32% of Defined Benefit (DB) schemes requiring workers to contribute to a pension scheme for more than two years before they acquire a right to a pension in retirement. The study also shows that a quarter of DB schemes offer no revaluation of workers' dormant pension benefits when they move jobs. In effect these rights are frozen until retirement.

These results clearly demonstrate the need for a directive to introduce minimum standards to improve mobile workers' access to supplementary pension rights, and the need for these rights to be protected in the years between leaving an employer and retiring. The measures proposed by the Commission in its amended proposal of October 2007 and subsequently developed during the Portuguese Presidency can be seen as both a proportionate response to the problem and a meaningful

step towards reducing obstacles to mobility found in some supplementary pension systems across the EU.

The second study, undertaken by researchers at the Higher Institute for Labour Studies (K.U. Leuven), is an investigation of Eurobarometer data on how long people spend in their jobs, when they expect to change jobs and on career lengths of workers across the EU.

It shows that on average nearly 40 per cent of current workers change jobs within five years and are therefore potentially disadvantaged by the operation of long vesting periods found in supplementary pension schemes.

Figures for workers' expected future mobility show a similar theme and in both cases there are marked differences between Member States, demonstrating that countries where acquisition periods are comparatively lengthy, job mobility tends to be low and vice-versa.

Over the coming months the Commission will be working together with the Slovenian Presidency to make progress on finding agreement within the Council and with the European Parliament for an effective and proportionate directive that reduces obstacles to mobility without placing undue burdens on pension providers.

McCanns release sketches of 'suspect' in Madeleine case



The family of Madeleine McCann this week released drawings of a man they have said they want "eliminated from the investigation to find Madeleine." The pictures were released after a witness, Gail Cooper, who was holidaying in Praia da Luz shortly before the McCanns arrived, said this week she saw him on several occasions in the vicinity of the resort.

Gerry McCann, father of Madeleine, said Mrs Cooper found the man, who claimed to be collecting for an orphanage, to be "very intimidating".

Writing on his blog this week, Gerry reveals that after interviewing the witness, "Our private investigators commissioned a forensic sketch by a FBI trained artist. The man has many similarities, in looks and clothing he was wearing, to the description of the man given by Gail Cooper."

Information obtained by the investigators has been passed on to

the Portuguese and British police, and Interpol has been informed.

Jane Tanner, a friend of the McCanns, who was on holiday with the family in the Algarve, said the man in the latest sketches bears a strong resemblance to one she says she saw carrying a child at 9.10 pm the night Madeleine disappeared.

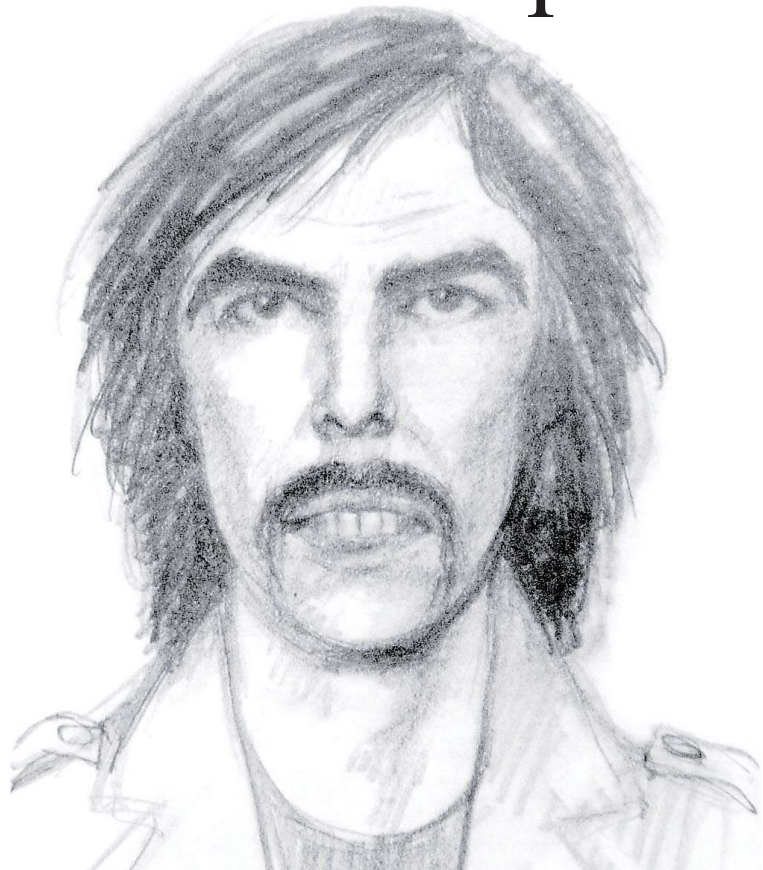
Madeleine's parents Gerry and Kate McCann are official suspects in the case, but have denied any involvement in her disappearance.

Briton Robert Murat is also a

suspect in the case, who also denies any involvement.

Madeleine was reported missing last year on May 3rd from her holiday apartment while her parents were dining at a nearby tapas restaurant.

Portuguese police have remained tight-lipped on these reports and recently told **The Portugal News** that the investigating team, led by Chief Inspector Paulo Rebelo, will only make statements should any new development warrant making public any details of the investigation.



Police handout released on 20th January shows the sketch of a man believed to have abducted Madeleine McCann from her family's apartment in Praia da Luz in Portugal, displayed during a news conference in London by Clarence Mitchell, the spokesman for Kate and Gerry McCann. (Photo: EPA)

UK paper eases on anti-ambassador article after complaints hit new record

The Daily Mirror has published a correction to an opinion article it published late last year about the Portuguese Ambassador to Britain, and the case of Madeleine McCann following a record number of complaints lodged with the British press watchdog.

Referring to the controversial article published in its October 29th edition last year, the Daily Mirror writes: "We are happy to make clear that whilst the contrary impression was given by the comments of the Portuguese Ambassador to the Times on October 27, we can confirm that the Ambassador Antonio Santana Carlos did not, and has not, said that the Madeleine McCann case has seriously damaged relations between Portugal

and this country."

The text was published in the section, 'For the Record', in which the paper usually places corrections to its articles.

This 'correction' comes after the Press Complaints Commission received a record 485 complaints against the contents of the article, one of them being formulated by the Ambassador himself.

The Commission confirmed that no other article received as many complaints in 2007, saying that it had possibly been the one with the highest number since the creation of the press watchdog back in 1991.

The article was written by columnist Tony Parsons, and was entitled "Up yours, senor", wherein he criticised comments by Ambassador Carlos made to

the Times days earlier, expressing fears that Anglo-Portuguese relations were suffering as a result of the Madeleine McCann case. Mr Parsons, responding to the piece, argued that the strained relations are "the fault of the spectacularly stupid Portuguese police".

The Mirror article also attacked the Portuguese public, saying: "The sight of locals jeering at Kate McCann as she went in for questioning made me feel as though these leering bumpkins were not from another country, but another planet." The article concluded with another attack on the Ambassador: "If you can't say something constructive about the disappearance of little Madeleine, then just keep your stupid, sardine-munching mouth shut."



The Portuguese Ambassador in London, António Santana Carlos (left) and Renato Trindade, Secretary of State for Tourism, speak to Mohamed Al Fayed at Harrods last October during the launch of the Portugal publicity campaign in London. (Photo: Lusa / Estela Silva)



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Lisbon rejects blame for failure to reach EU-Africa economic accords



State Secretary for Foreign Affairs, João Gomes Cravinho, talks to Cape Verde's Foreign Minister, Victor Borges, on Monday in Cidade da Praia, Cape Verde. (Photo: Lusa / Omar Camilo)



A senior Portuguese official has rejected any responsibility of Lisbon in the failure to reach Economic Partnership Agreements (EPA) with African nations during the Portuguese EU presidency late last year.

The state secretary for foreign affairs and cooperation, João Gomes Cravinho, told *Lusa* that the reaching of only "partial accords" with most of Africa before the December 31 end of the Portuguese presidency was due to "poor work" on both Europe and Africa's parts during recent years.

"I don't think anything failed in our EU presidency", Gomes Cravinho said in an interview. "It was without doubt simply a matter of through the years, since 2003 or 2004, that this dossier was poorly worked on by the European side and also by the African side".

The "partial accords" obtained, he added, fell short of the objective of reaching EPA's as "instruments of development", as called for by the World Trade Organisation (WTO), which had set a December 31, 2007 deadline for successful conclusion of the lengthy negotiations.

Describing the results as "ex-

tremely insufficient and unsatisfactory" as regards EU "ambitions", Gomes Cravinho said he was hopeful a new impetus in negotiations would be achieved this year.

"What we want for 2008 is, having established a minimum base that is in conformity with our obligations to the WTO, to create instruments of economic development and regional integration in Africa starting from this base", he said.

Gomes Cravinho urged both Europe and Africa to show "some courage" in the ongoing negotiations.

He said Europe had "some months" ahead to "correct the insufficient work done over several years on the part of the EU".

The failure to reach EPAs with most of Africa's nations by the end of last year marred the outcome of the December 8-9 Europe-Africa summit in Lisbon.

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Lisbon ready to aid Bissau's fight against drug traffickers



Portugal's No. 2 diplomat has reaffirmed Lisbon's support for Guinea-Bissau's efforts to fight the increase in drugs trafficking and organised crime, and urged France to get "more involved" in the same campaign.

João Gomes Cravinho, the state secretary for foreign affairs and cooperation, told *Lusa* international donors would meet in Bissau January 22 to elaborate a timetable for concrete actions against traffickers using the former Portuguese colony as a transit point for moving cocaine from South America to European markets.

A donors conference hosted by Lisbon last month netted pledges of US\$6.7 million, or €4.6 million, to aid the West African country to better equip itself to combat traffickers.

Among the country's pressing security needs, Gomes Cravinho underlined the fact it had no maximum security prison.

"We're still at an incipient phase of what should be a frontal and ambitious attack against drugs traffickers in Guinea-Bissau", he said.

"The situation is very worrying".

Denying any "rivalry" with Paris for influence in West Africa, he said Portugal would welcome increased engagement by France, the former colonial ruler of all Guinea-Bissau's immediate neighbours, in the country's efforts to combat mounting signs of organised crime and drugs trafficking.

He applauded the coopera-

tion of French security services with Bissau in the recent arrest, and extradition to Nouakchott of two Mauritians suspected of the killing of four French tourists in Mauritania last December, in an attack attributed to an Al Qaeda-linked group.

"We'd like to see France more involved in supporting Guinea-Bissau", Gomes Cravinho told

Lusa, noting that Paris was already "greatly involved" in aiding French-speaking countries in the region.

Despite the killings in Mauritania and the arrest of the two suspects in Bissau last week, he dismissed speculation that terrorist groups had established "bases" in the former Portuguese territory or neighbouring countries.

Debutante film director wins two prizes in India for first film

Portuguese film maker Teresa Prata has won the prize for Best Director at India's Pune International Festival for her first feature film, *Terra Sonâmbula*, the story of a Mozambican boy's search for his family during the civil war.

The Pune award last week was Prata's second Indian prize this month, following *Terra Sonâmbula*'s triumph as Best Film earlier in the month at the Kerala film festival.

A joint Portuguese, Mozambican and German production, the film is based on the celebrated novel of the

same name by Mozambican author Mia Couto.

Terra Sonâmbula had its world premier at the Montreal film festival last August.

Prata is scheduled to take her first feature film to the Tehran festival in February and to London's Bird's Eye View festival in March.

TPN/Lusa

Ninety percent of Europeans believe biodiversity loss is a problem

An overwhelming majority of Europeans believe that the loss of biological diversity is a serious problem, according to a Eurobarometer survey on attitudes to biodiversity. The survey highlights the concerns of Europeans regarding the decline and extinction of animal and plant species, natural habitats and ecosystems.

Concern is greatest in Portugal, Greece and Romania. The survey also reveals that Europeans are more worried about biodiversity loss globally than in their own country.

Commissioner Dimas said: "Biodiversity loss is irreversible. Since the 1970s, the European Union has been committed to protecting nature, and we are working hard to realise our target of halting biodiversity loss on our continent by 2010. Achieving this target requires everyone across the Union to work together to ensure that our ecosystems are sustainable and healthy. Complacency is not an option."

According to the Eurobarometer survey, Europeans see air and water pollution and man-made disasters such as oil spills and industrial accidents as the greatest threats to biodiversity (27%). This is followed by climate change (19%), the intensification of agriculture, deforestation and over-fishing (13%), and the construction of roads, housing, or industrial areas (8%). Only a fifth of Europeans surveyed thought that they are currently affected by the loss of biodiversity, but 70% think it will have an effect on them in the future or on their children.

For 93% of Europeans, preserving biodiversity is a moral obligation affecting current generations as stewards of nature. European citizens are also aware that their well-being and quality of life depends on biodiversity and 75% believe that biodiversity loss can have negative economic ramifications.

Two thirds of Europeans say they already make a personal effort to protect biodiversity, while a third say they would like to do more. A fifth of Europeans surveyed say they would act if they knew what they could do to stop biodiversity loss.

Ecosystems worldwide are in decline. The biodiversity they harbour provides the ecosystem goods and services – food, fuel, fibre, quality air and water, soil fertility and nutrients – which are at the heart of our modern economic prosperity. When ecosystems reach the point of no return, the damage is permanent. In the European Union, this decline translates into collapsing fish stocks, impoverishment of soil, flood damage, and disappearing wildlife.

To overcome this decline the European Union has legislated on biodiversity since the 1970s.

The cornerstone of the EU's biodiversity policy is the Natura 2000 network, which is an EU-wide network of nature protection areas for Europe's most valuable habitats and endangered species. This network – which represents about 20% of the Union's total land area – was substantially extended in November 2007 by an area of about 90,000 square kilometres, the size of Portugal. Despite its size, Europeans have little knowledge of Natura 2000 – 80% say they have never heard of it, and of those who have, few know exactly what it is.

In 2001, European leaders committed the European Union to halting biodiversity loss by 2010. In 2006, a European Commission Communication set out an action plan with concrete measures outlining the responsibilities of the European Union and Member States in achieving this objective. Some progress has been made to halt biodiversity loss in the European Union but much remains to be done.

A major communications campaign will be launched this year to engage Europeans in protecting biodiversity, and to help channel the concerns revealed by this survey.



A model takes to the catwalk in a creation by Colombian fashion designer Jimmy Bedoya during a show of the second Biofashion 2007 in Cali, Colombia November last year. The collection consisted of 30 outfits entirely made of natural materials representing Colombian biodiversity. The Biofashion was trying to highlight the interaction between ecology and traditional fashion. (Photo: EPA/Carlos Ortega)

North African states to assure security for future Dakar rallies

Organisers of the Dakar Rally, called off earlier this month after terror threats against the annual event, will soon receive security guarantees from states, through which the race passes to prevent future cancellations of the rally, Portugal's top diplomat, Luis Amado, said.

Speaking to Lusa in the Moroccan capital during an interval in talks between his counterparts from nine southern European and North African states, Minister Amado said all governments present had agreed on the need to

ensure security for the Dakar Rally to take place.

These pledges of sufficient security measures to prevent future Dakar races being cancelled, will be given to race organizers in the next few weeks, added Portugal's foreign minister.

The inclusion of the Dakar Rally issue on the agenda of the so-called Group of 5+5 foreign ministers was made at Portugal's initiative. The gruelling motor rally was due to have started in Lisbon last year.

Portugal's foreign minister

said last week that it was "unacceptable" that terrorist threats could determine "the end of the world's greatest rally."

Various countries, including some in Latin America, are reportedly keen to stage the race in 2009. This week's 5+5 talks in Rabat involving heads of diplomacy from Spain, Portugal, Italy, Malta, Morocco, Algeria, Tunisia and Libya, also centred on trans-Mediterranean cooperation, including French proposals for a Mediterranean Union.

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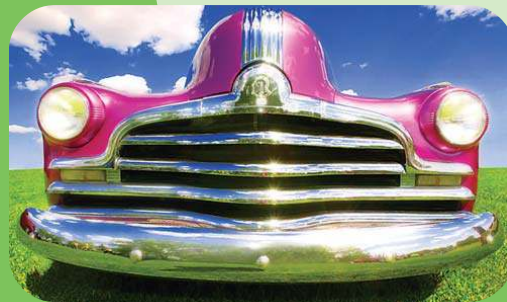
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Prime Minister José Sócrates during the III Economic Conference at a hotel in Lisbon on Monday. (Photo: Lusa / Inácio Rosa)

PM to visit Venezuela to sign economic cooperation pacts aimed at cutting Lisbon's trade deficit

Prime Minister José Sócrates will lead a senior Portuguese business delegation on a trip to Venezuela in either February or March, a Lisbon official said this week.

Prime Minister Sócrates will visit Venezuela between the second half of next month and late March, added the same official, to sign a range of trade and business accords with Caracas officials.

The content of these two-way commercial pacts are currently being negotiated during the Ven-

ezuela visit of Portugal's state secretary for trade, Fernando Serrasqueiro, who arrived in Caracas at the weekend.

The bilateral accords are aimed at adjusting Portugal's trade balance, "which is currently very uneven due to Portugal's oil imports from Venezuela" and low exports to the Latin American

state, Serrasqueiro told *Lusa* after arriving in Caracas.

According to Portugal's National Statistics Institute (INE), Portuguese exports to Venezuela in 2006 were worth just over 17 million euros. In 2007, Portugal's trade gap with Venezuela stood at €211 million, largely due to oil imports.

IRS imposes higher penalties

In 2007, the US Congress passed the Small Business & Work Opportunity Act. Included in the provisions of this Act are small business tax incentives, Gulf Opportunity Zone Relief and certain individual breaks designed to stimulate spending. One provision has the community of tax professionals in turmoil, however; requiring that they advise their clients whether positions that may be taken on their tax returns meet a level of confidence loosely described as "more likely than not."

What this rather ambiguous phrase means is that the tax position taken by a preparer on a return that results in an understatement of tax liability and that IRS deems unreasonable or intentional, whether on an income tax or estate tax return, will subject the preparer to a penalty: of 50% of the tax return fee or \$1,000, whichever is the greater. In the alternative, the preparer can file Form 8275 – Disclosure Statement – unless he believes the position taken on a disputed item is *more likely than not* to be sustained on its merits in the event of its being challenged by IRS.

What constitutes an unrealis-

tic position is unfortunately less clear. In the past, a reasonable basis level of confidence was acceptable, meaning that a 20% - 25% possibility existed in a position being sustained in the event of an audit. The *more likely than not* standard ratchets this percentage to 50% or greater.

As IRS is still developing guidelines on the application of tax return preparer penalties, the National Association of Tax Preparers has protested that the probable correctness of a tax treatment may be limited by a lack of IRS guidance or else guidance that does not cover every circumstance. Given that penalties are so severe, preparers could potentially urge their clients to include disclosures for virtually every item for which there is the slightest uncertainty. Resulting excessive disclosures might then overburden tax administration such that the disclosure system is undermined.

How does disclosure work in practice? If a taxpayer provides false information that the tax preparer relies on to prepare the tax return, then the preparer is not liable for penalties. On the other hand, tax return preparers are ex-

pected to make reasonable inquiries if the information appears incorrect or incomplete. And they are expected to follow guidelines that often necessitate further information from the taxpayer.

A consequence of IRS imposing higher penalties on tax return preparers will be an increase in preparer fees as they more rigidly scrutinize the information provided for them by taxpayers. The rub is that taxpayers will continue to seek to minimize taxes by applying aggressive tax savings strategies. But if the tax return includes a strategy or information deemed by the preparer to not meet the *more likely than not* standard, he will want to protect himself by filing Form 8875. And Form 8875 is an invitation to IRS to audit that tax return.

Barron Harper is a member of Albo Euro-Consult (www.albo.org), a consortium of chartered accountants and legal experts in the European continent, and the National Association of Public Accountants (www.natptax.com). He specializes in US International Taxation for American expatriates. taxbarron@yahoo.com / (00351) 91 935 9809.

IRS 2007: Expenses - Nº 3: TAX CREDITS FOR EDUCATION COSTS

In this series of articles, we examine in depth different areas to show how to substantially reduce the tax that you owe:

- | | | | |
|-----------------------|--------------|-----------------|------------|
| 1) Tax Credit Summary | 2) Medical | 3) Education | 4) Housing |
| 5) Insurances | 6) Donations | 7) Disabilities | |

Tax credits reduce the tax that you owe. However, as with other amounts that you report on your tax return, you must be prepared to back up the claim with correct documentation. In this case, you may be asked to produce proper receipts ("facturas") and these records must be kept for five years following the submission.

Education:

The IRS code allows you a 30% credit for costs of education up to an upper limit of €644.80 for family members unless there are 3 or more children, in which case the tax credit increases by €120.90 per child. You can claim tuition and school fees as well as books and scholastic materials. In addition, necessary expenses such as travel, room and board when study is away from home (but only within Portugal), as long as provided by a third party (i.e. train tickets are deductible while family car expenses are not). However, most education expenses outside of Portugal may not be claimed unless the institution is recognised by the Portuguese Ministry of Education. Likewise, you may claim "extracurricular activity" expenses only if the school is an integral part of the National Education System or is so recognised by the appropriate

Portuguese ministry.

The following examples are expenses which are considered unacceptable: baby-sitters, expenses relating to internships, workshops, conventions or professional development, encyclopaedias, musical instruments, uniforms or computer equipment for other than school use.

QUESTIONS & ANSWERS:

Our 2 children attend a private school in Portugal. Does their tuition qualify for a credit?

Yes. As long as the institution is recognised by the Ministry of Education, you may take a tax credit of up to €644.80. You can verify the status of your school on the internet at: <http://barril.dapp.min-edu.pt/estab/rede.htm>

My son attends the local state school. Are there any expenses that will reduce our tax bill?

Yes. Text books as well as school materials such as notebooks, pens and pencils, etc. are eligible. Don't forget to ask for a proper invoice ("factura").

Our daughter studies with a tutor to improve her skills. Is this expense eligible for a credit?

No. Unfortunately, private lessons are ineligible.

Our eldest attends university in the UK. Do any of his expenses

qualify for tax relief?

Although it is unlikely, it may be worthwhile checking with Ministry to see if his school is listed. Contact: *Gabinete de Informação e Avaliação do Sistema Educativo* (Av. 24 de Julho, n.º 134, 1399-054 Lisboa; tel: 21 394 92 00; e-mail: dapp@dapp.min-edu.pt).

Our daughter attends school in a neighbouring town and has to take the bus daily. Can I claim the cost of her bus pass?

Yes. Travel expenses necessary to attend school are eligible as well as room and board expenses when a child studies away from home. However, only public transportation is eligible, not the running costs of a private automobile.

Next: Tax Credits for Housing Expenses

Dennis Swing Greene is Senior Partner and International Fiscal Consultant for **euroFINESCO s.a.** Private consultations can be scheduled at our offices in *Guia (Albufeira), Lisbon (Chiado) and, starting January 2008, in Funchal (Sé), Madeira.* In the Algarve, call 289 561 333; in Lisbon, 213424210; or in Funchal at 291 221095; or by mobile, 96 9102813. Our e-mail is: info@eurofinesco.com, or on the internet at www.eurofinesco.com.

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EC signs Contract of Confidence with Portugal over funding



Danuta Hübner, Commissioner for Regional Policy, and, Mr Fernando Teixeira dos Santos, Portuguese Minister of Finance, this week signed a Contract of Confidence, which guarantees the quality of the Portuguese authorities' audit work on Structural Fund programmes for 2000-2006. The signing took place on the margins of the Economic and Financial Affairs Council in Brussels.

"I appreciate the Portuguese government's commitment to the process leading to this signature. By signing such a contract, the Commission is expressing its trust in the Portuguese authorities' audit work. This will reduce the Commis-

sion's own audit work, avoiding duplication of resources," the Commissioner said ahead of the signing.

This Contract of Confidence guarantees the work carried out by the Portuguese audit authority, the *Inspecção-Geral de*

Finanças, on the control of expenditure declared to the Commission on programmes co-financed by the European Regional Development Fund (ERDF) and the Cohesion Fund (CF) during the programming period 2000-2006.

Portugal hopes to re-launch bilateral ties during official visit

Portugal's No. 2 diplomat, João Gomes Cravinho, is currently on a visit to Cape Verde to review bilateral cooperation programmes and re-launch Lisbon's relations with its former African territory.

The state secretary for foreign affairs and cooperation told the *Lusa News Agency* earlier that his five-day visit to Cidade da Praia, aimed at reviving the bilateral dynamic following Portugal's six-month stint at the European Un-

ion's helm during the latter half of last year.

"After six very intense months of the Portuguese EU presidency, which also had a very interesting component in relation to Cape Verde, it's now time to resume our bilateral relations with force", Gomes Cravinho said.

He said he would hold talks with President Pedro Pires, Prime Minister José Maria Neves, and several senior ministers, including the foreign minister, during

his stay, which ends this Friday.

Lisbon opened negotiations on a new two or three-year aid and cooperation package with Cidade da Praia last June.

During the period of Portugal's EU presidency, the 27-nation bloc established a "special partnership" with Cape Verde, the archipelago joined the World Trade Organisation, and the islands were promoted from the status of Least Developed Countries.



European Commissioner for Regional Policy, Polish, Danuta Hübner speaks during a news conference on 'Regions delivering Lisbon through Innovation and Cohesion Policy 2007-2013' at the EU headquarters in Brussels, 12 December 2007. The Communication was part of the package which sets out key Community actions for implementation of the Lisbon strategy. It showed that most of the Cohesion Policy budget totalling a €347 billion will be invested in priorities, such as the knowledge economy, research, development and innovation, human capital and business development. (Photo: EPA/Olivier Hoslet)

Computer-assisted translation made easier and more accessible



The European Commission is going a step further in its efforts to foster multilingualism as a key part of European unity in diversity. The Commission's collection of about 1 million sentences and their high quality translations in 22 of the 23 official EU languages — including those of the new Member States — is the biggest ever collection in so many languages and is now freely available.

This kind of data is highly sought after by developers of machine translation systems, in which automatic translation software 'learns' from manually translated texts how words and phrases are correctly and contextually translated.

The data can also help in the development of other linguistic software tools such as grammar and spell checkers, online dictionaries and multilingual text classification systems.

Leonard Orban, Commissioner for Multilingualism, says: "By this initiative the European Commission intends to boost human language technologies,

support multilingualism and make computer-assisted translation easier, cheaper and more accessible. Citizens belonging to the smaller linguistic communities will have easier access to documents and web pages only available in the most used languages."

Janez Potônik, European Commissioner for Science and Research, says: "This unique collection of language data contributes to the creation of a new generation of software tools for human language processing, and helps foster the competitiveness of the language industry, which is already one of the fastest grow-

ing industries in the European Union."

The EU institutions have more multilingual texts than any other organisation because of the requirements that EU law exist in each of its 23 official languages. Their translation services work with 253 possible language pair combinations and produce around 1.5 million translated pages a year.

Whereas large amounts of translations of English or French texts can be found on the Internet, such resources are scarce for languages such as Latvian or Romanian, and they are practically nonexistent for the combination of two languages, for which few resources exist.

The EC, through co-operation between its translators and its in-house scientists, is releasing large collections of sentences from legal documents covering technical, political and social issues, which are available in 22 languages.

In this translation repository it is possible to find sentences with their equivalent in all other official languages. Only Irish translations are not yet available.

To find more information on the translation data go to:

<http://langtech.jrc.it/DGT-TM.html>

Top Algarve hotels change hands

JJW Hotels and Resorts has announced it has purchased two luxury hotels in the Algarve for 268 million USD from Starman Hotels, a business venture set up by Starwood Capital Group and Lehman Brothers.

The deal will see the company add to the two venues

it owns in the south of Portugal and includes the Dona Filipa Hotel, the exclusive San Lorenzo Golf course, and the Penina Hotel and Golf Resort.

JJW Hotels already owns the Pinheiros Altos Golf Resort and the Hotel Amarente Formosa Park.



OPEN EVENT

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HOTEL JUPITER PRAIA DA ROCHA

Don't miss this Network Open Event where members and non-members can attend, anyone in business will find the day valuable. The 3 workshops will run simultaneously during the morning and be repeated during the afternoon. You will be able to attend one in each session.

Company Taxation, recent updates.
Dra Filomena Ramilo will inform us of the latest changes in the Portuguese tax laws.

Recruitment, Selection, and Marketing: System DNA, a unique approach.
Dr Graham Dexter will present an interactive workshop based on language and behaviour patterns.

Creative Team Building. David Napthine shows how thinking outside the box and taking risks, can make team-building fun.

Lunchtime Speaker. At 12.30, Flavio Bucciarelli will speak on the value of investing in organisational development.

35 euros non-members
30 euros members of Network, BPCC & AFPOP
Lunch included
Registration: 9.30 am or 12 pm

Contact for bookings. Paulette Fouché at Tel./Fax 282 415 843 - info@networkalgarve.org
By Monday, 11th February, 1 pm.
www.networkalgarve.org



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Class Struggle in Thailand



Mascots against the new military's drafted constitution are seen during a launching campaign against the new constitution at Thai Rak Thai party's headquarters in Bangkok, Thailand, 16 August 2007. Some 45 million Thais headed to voting stations on 19 August in the kingdom's first-ever referendum to accept or reject a constitution drafted by a military-appointed committee in the wake of September 19, 2006, coup that ousted former premier Thaksin Shinawatra. (EPA/RUNGROJ YONGRIT/LUSA)

The Thai army hasn't the faintest idea what to do next.

Sixteen months ago, after weeks of anti-government demonstrations by opposition party supporters in Bangkok, the military overthrew the elected government of billionaire Prime Minister Thaksin Shinawatra, accusing him and his wife of corruption. They put in a former general as interim prime minister, promised a swift return to democracy, and set about rewriting the constitution to give themselves a bigger permanent role in politics. They also raised the military budget sharply, presumably as a reward to themselves for saving the country from Thaksin.

For a while, things went well. The coup was popular at first, at least in Bangkok. Last May the military regime got the courts to order the dissolution of Thaksin's party, Thai Rak Thai, and to ban 110 of its senior officials from taking part in politics for five years. But the economy stumbled, and Thai Rak Thai simply re-formed as the People Power Party (PPP). When the promised election to return the country to civilian rule was held last month, the PPP won.

It didn't get quite enough seats to rule alone, but it has now formed a coalition with five other parties that gives it a comfortable majority of about 315 members in the 480-seat parliament. Thaksin's party is back in power, and he says that he will be back in Thailand by April. (He has been living in self-imposed exile, claiming that he could not get a fair trial on the corruption charges while the military were still in power.)

In the meantime, the PPP is being led by Samak Sundaravej, who openly says that he is Thaksin's proxy. Thaksin has said that he does not want to return to power, but the new government will be taking his advice on a daily basis, and he could always change his mind. All of which poses a problem for the soldiers who overthrew him in September, 2006, but what is going on in Thailand is not really a military-civilian power struggle. It is a struggle between the city and the country.

It was only Thaksin's great wealth that enabled him to rise so fast in politics, for he was not a member of the traditional political class. The country's politics has long been dominated by a Bangkok-based elite that had close ties to the bureaucracy, the military and the monarchy. Local political bosses in the provinces delivered the peasants' votes in return for cash and favours, but Thailand was governed by and for the urban middle class.

Thaksin, the great-grandson of a Chinese immigrant, came from the north of the country, and made his money in mobile phones. He was the ultimate outsider, and when he won the 2001 election (the cleanest in Thailand's history), he really upset the insiders.

He started spending the government's money on the villages where the majority of Thais still live: everything from a debt moratorium for farmers to micro-credit, better schools, and

above all universal health-care. During his five years in office the proportion of Thais living in poverty dropped by half, and health insurance even became available to the country's two million foreign workers. But of course this meant diverting some money from the traditional concerns of the urban middle class.

The Thai economy grew strongly through all this, allowing Thaksin to pay off the country's debt to the International Monetary Fund two years early. He was always a populist and sometimes an outright demagogue. He had a nasty authoritarian streak that came out in actions like his "war on drugs" that saw 2,700 people killed in seven weeks (the police deny that they were operating death squads, but then they wouldn't they?) and his clumsy and brutal attempts to quell the insurgency in Thailand's three mostly Muslim southern provinces. But he won the 2005 election with an even bigger landslide than 2001.

Was he corrupt? Not by the very low standards of traditional Thai political practice, if only because he was too rich to need to steal. Thailand's traditionally dismal rating on the corruption indexes maintained by various international organisations actually improved on his watch. But then in September, 2006, to the great joy of the Bangkok middle class, he was overthrown by the army.

Now that military intervention has been decisively rejected by the electorate, and the successor to the party that Thaksin created is coming back to power. The poor have spoken, and it will be difficult for the military to ignore what they have said. Real politics has reached Thailand at last.

What will happen next is a series of mini-crises, as the army and the middle class struggle to come to terms with the fact that they have lost control of the country. It may even blow up into a major crisis and a new military intervention. But it is much more likely to end up with a permanent change in the nature of Thai politics. The country is leaving the "South-East Asian model" — military interventions, downtrodden peasantry, elite dominance — and moving towards the welfare-state style of democracy that prevails in most of the developed world. And a good thing, too.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.



Gwynne Dyer.

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Immigrants left homeless as shanty town is destroyed



Twelve makeshift houses belonging to the degraded Bairro do Fim do Mundo neighbourhood, Cascais, were demolished earlier this week amidst desperate protests from the 26 people who inhabited the shacks and who said they had no where else to go.

Notorious for its litter-strewn surroundings and illegitimate dwellings, Bairro do Fim do Mundo is one of the capital's various pockets of illegal settlements.

According to a spokesperson of an Immigrant Solidarity Association, to somewhat appease the situation Cascais City Hall has offered a handful of female resi-

dents a few days in a local B&B. An ill, elderly woman has also been given 13 days paid accommodation. After their designated stays, these women will be left homeless.

Male residents have been offered no alternatives whatsoever, and all 26 residents said they had absolutely no other options.

One Guinean resident, a legalised immigrant and a seven-year inhabitant of Bairro do Fim do Mundo, told press agency *Lusa* "I have nothing and nowhere else to go. The City Hall says as I live alone, I am not entitled to a house".

In total some 200 people occupy Bairro do Fim do Mundo, mainly African immigrants, most of whom live in illegally built shacks that are unlawfully connected to electricity and water.

A number of residents have been offered council housing; though will only be re-accommodated in two weeks. One such case is that of a single mother with five children. Despite asking the City Hall to demolish her 'home' only after moving into her new address, this was refused. She says she was told to find her own accommodation until council housing was available.

Cascais City Hall has, however, guaranteed that no one will be left homeless or stranded, that each situation has been accounted for and all of the inhabitants will be re-homed in social housing around the municipality.

The inhabitants were forewarned of the demolition works, which took place at 09h00 on Tuesday morning, last Friday after City Hall workers posted warnings on their doors.

Watching the works was the head of the SOS Racism association, José Falcão, who accused Cascais City Hall of being "insensitive towards these human beings, who will be left homeless".

During the morning's annihilation, electricity and water was disconnected from all of the houses. "If they cut off water how will people with children be able to live there", said another resident.

Fuelled by heated protests, the works took place in an atmosphere of tension and anger, though no violence erupted. The area was cordoned off by police.

It is expected that, by May 2009, all of the remaining shacks will also be destroyed.



Twelve homes in the impoverished Bairro do Fim do Mundo neighbourhood, Cascais, were demolished earlier this week, leaving 26 people homeless. (Photo: Andre Kusters / Lusa)

Historical voyage re-enacted to mark 120th anniversary of Sintra's train-tracks

To commemorate 120 years since the construction of Sintra's train-tracks, the entire local population is invited to board the line's first-ever electric train, which made its maiden voyage fifty years ago.

It was 1957 when the train, made up of a triple electric unit, first set off from Lisbon's station en-route to Sintra.

Re-enacting this voyage is intended to remind people of just how historically important the electric locomotive was and how it revolutionised the country's railway system.

Anyone is invited to board the train and take part in the commemorations. Journeys depart on Saturday (26th January), from 15h00 onwards.

Other initiatives making up the celebrations include an exhibition in the Sintra Municipal Library, documenting the evolution of the train and all its transformations, from coal fuelled engines to modern electric ones.

Work on Sintra's train-tracks commenced in 1887 and were officially inaugurated in 1887.

They were charged with electricity in 1957 and to this day remain one of Lisbon's four suburban lines.

Said a source from Portuguese rail network company CP (Comboios de Portugal), "This is an extremely important line within the metropolitan area of Lisbon. It develops everyday, and what we do is adapt our services to today's needs".

According to the same source, everyday some 200 thousand passengers use the Sintra line, its capacity having stretched significantly over the years.

This is mainly due to increasingly heavy congestion on Lisbon's roads, making a train ride a safer and faster alternative to travelling by car and an all-round more appealing alternative.

Seven kilos of cocaine seized at Lisbon airport

More than seven kilos of cocaine were seized by Lisbon airport customs officials after being found in the baggage of two travellers.

Reportedly high in purity and enough to produce some 74,200 individual doses, the cocaine is

thought to have originated in Venezuela and was found wrapped up in the middle of suitcases, rolled up in bed mats and hammocks.

The baggage belonged to a 25-year-old woman and a 35-year-old man, both of Greek nationality.

U.S. Democrats vote in Cascais

Registered Democrats living abroad on U.S. military bases and in European towns will have multiple ways to vote for Barack Obama, Hillary Clinton, John Edwards or the candidate of their choice as a far distant part of Super Tuesday.

Voting in the overseas Democratic primary — from February 5-21 — will be possible either online, by mail or fax and at local polling locations. It is the first time that Internet-based voting is expected to be used on such a large scale for a primary election, according to the Oxford Internet Institute.

It is the "first global primary ever!" according to Democrats Abroad.

"Democrats Abroad is like a small state", said Gilbert Wells, head of Democrats Abroad in Portugal.

Prospective Democratic overseas voters must be members of Democrats Abroad, a mostly volunteer organization that is a part of the Democratic National Committee, which is responsible for the convention that chooses a candidate.

To vote in the overseas primary, Democrats should register with Democrats Abroad at www.democratsabroad.org or at www.votefromabroad.org by the end of this month.

The overseas Democratic primary begins Feb. 5, which is Super Tuesday, when 21 states will hold primaries in the U.S., and will be taking place in 34 countries, according to Democrats Abroad.

"This global primary gives individuals a chance to take part," Wells said.

Republican voters, however, will not have the same opportunity for an overseas primary — Republicans Abroad is not part of the Republican National Committee. But Republicans can vote by absentee ballot in the primaries in the state where they were last a resident.

Democrats who vote in the overseas primary will not be able to vote in their home state's presidential primary.

U.S. military voting assistance officers are not involved in the overseas primary.

"The Voting Assistance Program provides application materials for the soldier, civilian or family member to send back to their county election commission, which in turn would send the appropriate absentee ballots," said Lt. Col. Richard Spiegel.

In Cascais, Portugal the voting will be held Feb. 9 at Edifício Neptuno, Rua da Torre, off the Guia circle and next to the TellePizza, in the Torre Area. The polls, open from 10

a.m. to 1 p.m., will be in the party room. Contact Milchen Vasconcelos at Tel. 21 482 0353 for directions and contact Gilbert Wells at 21 929 1372 for further information.

For times and places of polls in other overseas communities, go to www.democratsabroad.org.

The online voting will be handled by Everyone Counts, a San Diego-based company that specializes in online voting, according to the International Herald Tribune. Everyone Counts handled the voting by Internet for local elections in British cities in 2003 and 2007 as well as the online voting for the Australian election in November, handling voting by soldiers stationed in Iraq and other spots overseas, the newspaper said.

In the past, overseas voting has sometimes been a complicated affair. The e-voting, according to Democrats Abroad, will make voting easier and increase participation in both the primary and in the general election in 2008, especially among overseas Americans living in remote rural areas.

The Democrats' convention begins Aug. 25 in Denver; the Republicans' convention begins Sept. 1 in Minneapolis and St. Paul.

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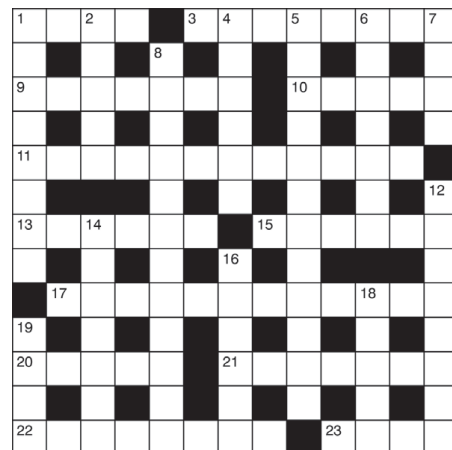
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The Portugal News Crossword No. 176



QUICK CLUES

ACROSS

1. Expensive (4)
3. Jewish feast (8)
9. Hide (7)
10. Zest (5)
11. Mischievous spirits (12)
13. Personal property (6)
15. Savage (6)
17. Teachers of religion (12)
20. Brown pigment (5)
21. Musical instrument (7)
22. Condensed (8)
23. Cow-shed (4)

DOWN

1. Decode (8)
2. Cancel (5)
4. Maintain (6)
5. Import (12)
6. Caller (7)
7. Canopy (4)
8. Uninhabited isle (6,6)
12. Beach (8)
14. Excursionist (7)
16. Pair (6)
18. Elephant tusks (5)
19. A continent (4)

QUICK SOLUTIONS No. 175

Across: 6 Plateau; 7 Frank; 9 Happy; 10 Similar; 12 Fraudulence; 14 Opportunity; 18 Various; 19 Felon; 21 Debit; 22 Destiny. Down: 1 Bleak; 2 Stupor; 3 Way; 4 Praise; 5 Infancy; 8 Piquant; 11 Hurtful; 13 Apparel; 15 Origin; 16 Treaty; 17 Mount; 20 Vex.

Last week, we failed to print the correct clues DOWN. Here they are this week. We are sorry if this spoiled your fun.

1. Chilly (5); 2. Numbness (6); 3. Route (3); 4. Commend (6); 5. Babyhood (7); 8. Sharp (7); 11. Detrimental (7); 13. Vesture (7); 15. Source (6); 16. Compact (6); 17. Scale (5); 20. Annoy (3).

Quintessence raise money for Lagos fire department



Once again Quintessence will be performing at the Lagos Cultural Centre, to raise much needed funds for the local Lagos fire department.



Once again Quintessence, a local jazz fusion band formed in the year 2000, will be presenting a concert at the Lagos Cultural Centre, to raise much needed funds for the local Lagos fire department. This will be the fifth year of concerts by the band, which to date have raised over €9,000.

The concert will take place on Friday, 15th February, at Lagos Cultural Centre from 9pm. Tickets are priced at €10, and can be obtained now by calling 913 256 694, or the week before the Concert at Lagos Cultural Centre on 282 770 450.

The leader of the band is Chris Atcherley on guitar, Luis Hilario on bass, Graham Roberts on keyboards, Jan Lehner on drums, and vocalist Sandie Croft.

They will be performing their own arrangements of a completely new set of Jazz and Latin songs and instrumentals, and due to its success last year there will also be fresh video images behind the band to add a visual experience to the evening and also some guest musicians.

All monies received for the concerts will be donated. There are no expenses at all with the Cultural Centre, publicity, and prizes for the raffle all being donated free, so the band can raise the maximum amount of money for the fire department, which will be presented to them at the end of the concert.

Boliqueime's billion-euro business boost

Loulé City Hall looks set to sail ahead with the construction of new industrial areas in Boliqueime, estimated to cost something in the region of 1.6 billion euros, 1.2 billion of which is said to be exclusively footed by private investors.

Studies have revealed that up to 1,000 jobs could be created once the new area is finished.

Loulé Mayor Seruca Emidio said, "It is this type of strategic investment that will allow Loulé and the region to diversify its economic structure and avoid excessive dependency on tourism".

Initial plans were announced five years ago, but it was only this week that official details were revealed in newspaper *Diário da República*. Also included in Loulé's budget for 2008 are plans to widen the EN270, which will give access to a future industrial park.

Said to cover over 70 hectares,

the area will comprise 75 warehouses for industrial use, 13 units for storage, five units for commerce and services, and five for equipment. It will also have its own eco-centre, more than seven thousand parking spaces, 650 parking places for lorries and trucks, and 'green spaces'.

One of the developments main goals is to attract industries of significant technological importance, such as leading names in electronics, mechanics and precision engineering.

In related news, Tavira will also soon be home to an industrial business park, Parque Industrial de Santa Margarida, which was authorised at the end of last year and will offer 130 units, 121 of which are destined for industry and storage.

Occupying more than 14 hectares Parque Industrial de Santa Margarida should be inaugurated early next year.

Crematoriums for Faro and Portimão

To respond to the obvious need for a crematorium in the Algarve, both Portimão and Faro's City Halls have announced they are to commence with works to build the region's first such facilities.

Until now, anyone wishing to be cremated was transported to Ferreira do Alentejo, the only place south of the Tagus with such facilities.

In Faro the project is slightly more advanced, progress depending on the expenditure of the municipality's one million euro budget. Following this a public concourse will be

launched to find constructors for the furnace.

Portimão City Hall also wants to include a furnace in its new cemetery, for which the location is currently being studied, and is hoped to be underway by 2009.

According to Augusto Ferreira, owner of the Barlavento Funerary Agency, there is no doubt whatsoever that "the Al-

garve needs a crematorium".

"In 30 funerals we perform per month, at least six are cremations and sixty per cent of these are foreigners".

Previously, a cremation entailed a 320-kilometre journey to the Alentejo and often a waiting period of more than eight days.

Costs for this service presently total more than €1,500.

su | do | ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

3				4				8
1	8		2					
			5			6		7
	4		3					
2				9				5
					2		3	
4		6			7			
					5		9	3
8			4					1

Last weeks solution:

7	5	4	8	2	1	3	6	9
6	3	2	5	9	4	7	8	1
1	9	8	7	6	3	5	4	2
5	1	3	4	8	9	2	7	6
2	8	7	1	3	6	9	5	4
4	6	9	2	5	7	8	1	3
9	7	5	6	1	2	4	3	8
3	4	1	9	7	8	6	2	5
8	2	6	3	4	5	1	9	7

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

Pre-fab add-on to relieve Faro's ER

A million-euro pre-fabricated annex is to be adjoined to Faro Hospital's existing emergency department as a solution to relieve the heaving unit of some of its daily chaos.

A further four thousand euros have been budgeted to equip the new addition, without any guarantees it will make even the slightest dent in the hospital's present overflow of patients. The hospital's Board of Administrators announced this latest development

earlier this week. Armindo Figueiredo, spokesperson for the 19 senior doctors that work in the hospital's emergency unit, said, "We will soon announce an opinion about what we have been offered as a solution".

Even more critical was a representative of the Portuguese Nurse's Syndicate, Nuno Manjua, who lamented that the syndicate was not asked to participate in a study commissioned to reorganize the hospital's emergency service,

and stressed that the department's problem was not of "space or seasonality". He stressed the biggest problem was the fact that "four or five-dozen patients are left on stretchers in corridors when they should not be there", as they "are not critically-ill patients".

More beds for continuous observation, and better home were considered an improvement, but, according to Nuno Manjua, "everything will remain the same" if the hospital's circuits are not altered or its services reorganised".

Ana Paula Gonçalves, head of Faro Hospital's administrative board, said the new expansion would not be "made of containers" and would be "dignified and comfortable". It will expand the present unit by some 800 square metres and will double the capacity for patient care, from ten to 20 beds. Installation should commence within the next month, and is expected to be complete and running by the end of this semester.

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Algarve awarded 'best stand' in tourism trade fair



The Regional Algarve Tourist Board (RTA)'s creative flair was acknowledged last week during the national Tourism Trade Fair (BTL 2008) which was held in Lisbon.

BTL is decidedly the largest and most important tourism exhibition in the country, and was held last week from 17th to 20th January.

The RTA was awarded first prize for 'Best Stand belonging to an Association or official National entity'. Its concept was devised and created by a consortium comprising companies 'Teaser' and Construtora da Ferraria, who together built and decorated the stand with throws of color, each

colour relating to a different experience that can be felt in the Algarve.

It was further praised by BTL's organizational committee, which is presided over by ex-State Secretary for Tourism Vitor Neto, for having participated in the trade fair from the very beginning.

BTL - Bolsa de Turismo de Lisboa - this year celebrated its 20th anniversary and remains unrivalled in its size and importance to national tourism.



The RTA was awarded first prize for 'Best Stand belonging to an Association or official National entity'.

New pavilion inaugurated in Albufeira

This week, on Friday (25th January), at 17h30, Albufeira's brand new multi-use pavilion was inaugurated in a ceremony presided over by the local city mayor; a highly-anticipated inauguration of what is set to become one of the region's most important venues.

Well-known for its extravagant spectacles and shows, this new pavilion will offer Albufeira yet another venue to showcase its renowned entertainment.

Converted from an old fish and fruit market, the Albufeira Multi-usage Space (EMA) comprises two large multi-functional rooms, ideal for large corporate gatherings or conferences, and is equipped to host events such as culinary fairs or other exhibitions.

With room enough for 48 stands or a 600-chair seating capacity; the infrastructure has water and electricity connection, as well as the facilities to prepare meals.

Portimão launches new website tailor-made for tourists

Last week the Algarve's latest promotional website, Visit.Com, enjoyed a public launch in Lisbon, which took place in one of the capital's hottest night spots, Skones.

The website's image was unveiled at 23h30 to an enthusiastic audience, amongst which was Portugal's favourite comedian, Herman José.

Promoting the Algarve and improving its image is the website's main aim. Divided into eight subjects - Portimão, places, beaches, accommodation, sports, events, 'In', and information - the entire content of the site is available in six different languages: English, French, Spanish, German, Dutch and Portuguese.

Each page offers a wealth of relevant information corresponding to that particular subject.

For example, under 'Portimão', site users can find interesting information on the city, as well as some of its most charismatic inhabitants. 'Places' covers different areas around the city where

events and shows will take place, as well as projects for the city, developments, etc...

And whilst 'Events' offers an up-to-date listing of all entertainment, 'In' offers a wealth of random trivia relating to the city, like its famous visitors and other miscellaneous information.

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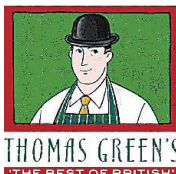
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BOOK NOW, WHILE THERE'S STILL SPACE



A captivated audience!



There will be so much to do at the International Algarve Fair on 10th & 11th of May that visitors will want to stay all day (opening hours 11:00 to 20:00). Features include Motor Show, Property Show, Arts & Crafts market, Puff Park (children's adventure area) and all day entertainment. Add to this over 120 stands with everything for the home, garden and lifestyle, several international restaurants and you have a recipe for a very happy crowd.

If you have not yet booked a stand, call the Exhibition Hotline on 282 380 317 or go to algarvefair.com.



Stands

There will be over 120 stands with everything for home, garden and lifestyle. Stands will be offering advice on travel, home improvements and lifestyle, there will be lots to buy including fashions, books, art, decor, specialist foods, pets products and you can enjoy beauty treatments and health advice.

Food Arena

There will be several international restaurants in the Arena: Pizzas from Italy, Tandoori from India, Pastries and Bifanas from Portugal, Hotdogs and Hamburgers, Shell fish from Portugal, Surinam specialities, Braai from South Africa, Indonesian Cuisine and Cakes, Pies, Pasties, Sandwiches and Cream Teas from the UK, Danish open sandwiches and Slush Puppies.



Puff Park

Children will love this adventure area with several giant inflatables. There will also be clowns, face painting and a real fire engine to explore. This year Puff Park will be located in the Arena, so parents can be close to their little ones while they eat and enjoy the entertainment.

All Day Entertainment

The lineup already includes Harp John in the garden area, the Peruvian ensemble on the grassy banks among the stands plus OO-Boop-I-do, Country Singer J.J. Johns, A Kinda Swing and Legends in the Arena.



Show Gardens

Landscape Gardeners and Garden Centres are invited to participate in **The Portugal News LANDSCAPE GARDENER Spring 2008 Award**. See page 34 for full details

Arts & Crafts Market

A dedicated section for artisans to show off their wares. Made especially simple for the purpose, spots can be rented for only 53 euros



The Algarve Property Show

This section will be situated in the Pavilion for visitors who are thinking of selling, buying, trading up, or moving to something smaller. They are invited to meet the leading agents and talk to finance companies.

Motor Show

Where visitors can see the latest models and talk to motoring experts. Also situated in the Pavilion



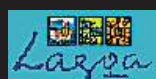
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Re: Global warming

SIR, I was watching a programme recently about the rapid melting of the polar ice caps and the threat of rising sea levels to low lying coastal areas of the world. They appeared to take no account of permafrost or the vast areas where the temperature is constantly so far below zero that the projected 4°C rise in average temperature can have little effect.

Icebergs breaking away from the continental shelves may add to the existing depth of the oceans (only 10cms over the past 110 years though) but when sea-ice melts it reverts back to its original volume and cannot add anything to the volume of water. Is this just another bunch of half-truths aimed at keeping the very lucrative global warming bandwagon going?

If any of the foregoing is incorrect, I'm sure someone will quickly put me right.

RONLAVERY, By e-mail

Shame on Lagos

SIR, We regularly spend one month in Lagos, and enjoy our annual sojourn here enormously. We were very sad when we took friends to see the old Railway Station at Lagos - we appreciate that a smart new station is now in use, but surely the old station building is of sufficient historical interest for it to be preserved. It is now derelict, with broken windows and covered in graffiti. This is a disgrace to any historian or person who cares for the history of Lagos - the building needs a preservation order, a thorough clean up and some tender loving care!

I hope you will regard this matter of sufficient importance

to print this letter, and hopefully bring this matter to the attention of the appropriate office in Lagos.

DAVID EDGINGTON,
Meia Praia, Lagos

British Embassy moving to Madrid?

SIR, Has the Foreign Office lost absolutely all sight of its role, i.e. the defence of Britain's interests through diplomacy? Is it now merely a troublesome section of the Exchequer, to be reduced and possibly extinguished for the sake of economy? How can it possibly be considered diplomatic behaviour that the British Consulate General in Portugal be moved to Madrid, Spain, with the Embassy itself shortly to follow?

To reduce Portugal to the status of Andorra is beyond belief. Portugal is Britain's oldest ally. To treat her in this way is tantamount to betrayal. It is shameful and, to anyone with any knowledge of history or real diplomacy, it is also extremely embarrassing and worrying to see such incompetence coming out of London. Has everyone at the FCO forgotten their history and especially that of, and between, these two nations of the Iberian Peninsula? How would it be taken in Britain if major states withdrew their legations from London and dealt with Britain from Berlin or Paris?

JAMES STILWELL-STRONGE, Vigo, Spain

Ref. Gwynne Dyer's column last week

SIR, Four hundred years after the fact, we know Galileo was right about the earth's orbit

around the sun. Science has vindicated him.

At the time of the famous case, however, Galileo was basing his theory on arguments that scientists of today would find specious. For instance, he held that the ocean's tides sloshed back and forth like tea in a cup due to the earth's rotation. Today, we know the moon is the cause of the tides.

Galileo's heliocentric theory, borrowed from Copernicus, a priest, was popular with several cardinals and even the Pope as just that, a theory. But Galileo demanded that his, as yet, unproven theory be accepted as fact, and insulted any who dared disagree with him. He even challenged theologians on scripture. He was 'imprisoned' in a palace, but was allowed to continue his research privately. That's the truth of it.

Last week columnist Gwynne Dyer, implied that Galileo was mistreated by the Church simply for his Copernican views. Dyer even said that another, "Copernican had been burnt at the stake in 1600 for his heretical views", implying that the heresy was heliocentrism. Not so.

Dyer had to be referring to Giordano Bruno, who was indeed burnt, but Dyer forgot to mention that 'Copernican' Bruno also taught that Christ was a mere magician, that should reincarnate and that the doctrine of the Trinity was false. He was also a traitor and a spy. That's why he was burnt.

This all became an issue because of the recent incident at the La Sapienza University, where some bigoted professors coaxed some radical students to keep Pope Benedict XVI from speaking on the topic of the relationship between science and faith. Dyer obviously sees this as a victory of free thought over superstition. Again, Dyer failed to mention that hundreds of students, indignant at the schools intolerance, attended the Pope's Wednesday address in order to

hear what he had to say. Dyer doesn't hide his dislike for the Pope and the Church.

In September 2006, in The Portugal News, Dyer called the leader of the Catholic Church a "rotweiler... arrogant... in need of a lesson in manners... a hitman". Last week Dyer spoke of a "...typical Ratzinger ploy..." and was troubled at the fact that the Pope actually "does see Catholicism as superior to all other religions..."

What in God's name did Dyer think that a Pope would think? Is Dyer for real?

JAMES ROSS, Estoril

Re: Dyer's article on Galileo's geocentric theory

SIR, After reading Mr. Gwynne Dyer's article on Galileo's geocentric theory of the Universe (Jan. 19th., edition), I would heartily recommend that he takes time out to peruse the works of Arthur Koestler and Martin Gwynne, just two of several experts who have stood Galileo's theory on its head.

Arthur Koestler's authoritative work 'The Sleepwalkers' and Martin Gwynne's equally compelling work 'Galileo Versus the Geocentric Theory of the Universe' illustrate the lack of research undertaken by Mr. Dyer on the subject.

Suffice to say that one of Martin Gwynne's opening paragraphs completely undermines Mr. Dyer's apparent backing of Galileo. Mr. Gwynne writes: "There is not a shred of scientific evidence that either the earth revolves round the sun, rather than vice versa, or that the earth rotates on its axis.... he (Galileo) did not prove the truth of the Copernican system. He was not tortured by the Inquisition, did not languish in its dungeons".

Would it be too much to expect Mr. Dyer to digest the truths contained in Koestler and Gwynne's works and rewrite his article according to fact?

PAUL JOSEPH, By e-mail

WHERE TO WORSHIP

Lisbon

IGREJA DO CORPOSANTO, LISBON Largo do Corpo Santo, Catholic Services in English, Mass each Sunday and Holyday at 11.00am Tel. 21 467 3771

IGREJA DA SRA. DOS NAVEGANTES, CASCAIS Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 6.30pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

ST. MARIA, São Pedro do Estoril Catholic Service in English every Sunday at 10.15 Tel. 21 467 3771

OCEAN CHRISTIAN COMMUNITY - An International Spirit-filled Church serving the Linha de Cascais area. Small group bible studies meet regularly. Join us for Sunday worship with a contemporary style at the Hotel Sobaia, Rua Belmonte, No. 1, Estoril. For more information contact us on 21 9282019

INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Ian Momoh

BAPTIST MISSION - Esgueira (Aveiro) Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel. 965-363-986

GREATER GRACE WORLD OUTREACH has Live (and archived) upbeat and inspiring Worship Services available for free viewing thru their website www.ggwor.org - the site also gives contact info for their ministries in northern and southern Portugal. Check it out and be blessed

RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 17, 1.º d.º, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592, Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N.º 80, Quinta do Junqueiro, 2775-584 Carvalhos. We are an interdenominational Christ-centered, contemporary, caring and culturally relevant church meeting at ABLA in Carvalhos each Sunday at 9:00am in Portuguese and 11:00am in English. Creche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm - all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 91086 683 God Bless!

CHAPEL OF ST. PIUS X: PRIORADO S. PIOX, Estrada de Chelas, 31, 1900 Lisboa. Tel. (21) 814 3951. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions available. Monforte (Alegrete) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST. GEORGE'S CHURCH, LISBON (Church of England), Rua S. Jorge, Enter through British Consulate gate opposite Jardim da Estrela, Sunday School. Service 11.30 am every Sunday. Tel. 21 4692303

ST. PAUL'S CHURCH, ESTORIL (Church of England), Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril), Sunday School. Service 9.30 am every Sunday. Tel. 21 4692303

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Aníada, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrewslisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, N.º 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30

An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboleira Corps (Praceta Almada Negroire, Lote 213 Lda Ot do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 Aljoja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these Corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708). **OPORTO** Reboleira Corps (Av. Vasco da Gama No. 675-2 Ramalde). Service 10am, Salvation Meeting 5.00pm. Colours Corps (Av. dos Bombeiros Voluntários; Tel. 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

IGREJA DE CRISTO (CRISTA) Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel. 21 2461596)

LISBON SYNAGOGUE: Rua Alexandre Herculano 59, Tel 21 385 8604 Fax 21 388 4304 e-mail: celesboa@gmail.com

Bahá'í Faith - Av. Ventura Terra, n.º 1, Lisboa, Telef.: 217590474, E-mail: gae@bahai.pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 88, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10.15/Portuguese 12.00 Prayer and Bible Study: Thursday 8 PM Traditional Baptist Service in English followed by Sunday School.

The Algarve

CHURCH OF ENGLAND SERVICES St. Vincent's Anglican Church of the Algarve, Igreja Senhora de Fátima Holy Communion. 9.30 every Sunday. Info Rosie Baden-Powell 289 328302; St. Luke's, Monte da Palhaqueira, Gorjões. (Nr. Sta. Barbara) Holy Communion 11.30 a.m. every Sunday. Info Maxine Srivastava 917 267 948; Luz Senora da Luz Holy Communion. 12.00 every Sunday. Plus: Children's Rainbow Club. Info Joyce Daffery 282 788104.

ALL SAINTS ANGLICAN CHURCH, Algarve - Contemporary, Evangelical worship. Every

Sunday Holy Communion with Crêche and Adoration 10.30 am Community Centre, Almaricil (ASCA - Associação Social e Cultural de Almaricil). Details from 282 38031 or 282 101018 or see our website www.allsaintsalgarve.org. Also every Sunday Lagoa Convent Chapel 6.00 pm Evening Service (Details on our website).

CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY in São Brás de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Brás at 5pm, Rua 25 de Abril, n.º 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English. 11am. at St. Lourenço Church - Almaricil - 6.30pm. at Four Seasons Country Club - Quinta do Lago - Almaricil. Further information, please contact the International Catholic Community of Almaricil (Griselda Neto on 966168120 or Vilor on vgm@dompor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 17, R/C-D1 Portimão. Bible study on Tuesdays: 10.45 for 11 am at 'The Bridge' (A Ponte) in the Cedrijães Shopping Centre near the church. Tel 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bulding circle in Albufeira. For more information contact pastor Mark: 96480765. E-mail: pastor@live.pt

CHURCH IN ALJEZUR/VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (500 metres from the Hotel Golinho). Tel. 282-086804 or 282-697546

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Alântico Waterslide Park. Services in English, creche and Sunday School. For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "Get Squad" for kids, toddler thru, pre-teen. Service every Sunday 11am to 12.30pm. Portuguese translation available. Address: EN125 - Vale de Loucos, Alcantarilha. Next to Auto Heat, SACI & Centro de Lareiras. Pastor Alípio Amaral Tel 282 381 347. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857. E-mail: jackieandmo@yahoo.co.uk

ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Sunday Services at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

EREV SHABAT - For services Tel: 282 416710

Oporto

ENGLISH SERVICES IN OPORTO - GREATER GRACE now has contemporary worship in Porto as of 11/18! Featuring uplifting music and insightful Biblical teaching, our meetings take place in the Sala Grande at Hotel Peninsular, Rua Sá da Bandeira, 21 (behind the McDonald's in the Praça da Liberdade) while we continue our search for a permanent location. Service time is 18h (other service times are being considered for 2008). More information is available on www.NovaAurora.com, by email to nova.aurora@clix.pt or by calling 91 711 2736. We are also looking for reinforcements for our worship team, so come and meet us. More information about Greater Grace, including live and archived services, can be seen at www.riversideporto.com

RIVERSIDE PORTO INTERNATIONAL CHURCH - Oporto. A church that is fun and enriching. Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG. Between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 for more details. contact@riversideporto.com web site www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoport.com

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN LISBON. At 6.00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Saldade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'). All welcome.

Portuguese for Beginners

Emília Rosendo

110

THIS LESSON:

"ter que" + infinitive

Today's lesson deals with "ter que" + Infinitive, which is used to express an obligation/ a duty/ a must.

- ⇒ Eu tenho que estudar para um teste.
- ⇒ Tu tens que ir para casa agora.
- ⇒ Ele tem que procurar um emprego.
- ⇒ Ela tem que fazer as compras do mês.
- ⇒ Você tem que ser mais paciente.
- ⇒ Nós temos que proteger o ambiente.
- ⇒ Eles têm que arrumar o sótão.
- ⇒ Elas têm que apanhar o autocarro.
- ⇒ Vocês têm que esperar a vossa vez.

① Complete the sentences with "ter que" + the correct verb from the box which follows:

- | | | |
|------------|----------|--------|
| •telefonar | •reduzir | •levar |
| •aguardar | •retirar | •falar |
| •renovar | •lavar | •ver |

- a) Os automobilistas _____ a velocidade quando passam pelas localidades ou quando se aproximam, por exemplo, de escolas, lombas ou curvas perigosas.
- b) Nós _____ um pouco mais baixo porque já estão todos a dormir cá em casa.
- c) Eu _____ o meu bilhete de identidade que expira daqui a dois meses.
- d) Tu _____ imediatamente para a oficina para o mecânico te dizer quando é que o teu carro está pronto.
- e) Todos os dias de manhã bem cedo, a Célia e o marido _____ os filhos à escola.
- f) Eles _____ a loiça à mão porque, de momento, não têm máquina.
- g) Você _____ este filme! É simplesmente imperdível.
- h) Os clientes desta loja _____ uma senha numerada à entrada e depois _____ pacientemente a sua vez.

Luis Oosterbeek speaks at the AAA

The Algarve Archaeological Association Meeting will be held at two venues on Tuesday 12th February. The first meeting of the day will be at 2.30pm at the Junta Freguesia São Sebastião, the Archive Building, near Largo São Sebastião, in Loulé. The second meeting will be at the Convento de São José in Lagoa at 6.30pm.

The cost for non-members is 5 per person. Proceeds of funds will go to paying speakers, bur-

saries to archaeologists in training and archaeological works throughout Portugal. Publications have been financed to assist with the work of Portuguese archaeology.

The speaker for Tuesday, 12th February is Luis Oosterbeek who will be talking about "Housing the Ancients/ empowering the living: changing landscapes during the Neolithic Period in the North Ribertejo, Portugal.

Throughout his talk, Dr.

Oosterbeek will concentrate upon the chronology and method of agriculture and pasturage into western Iberia, a subject that has been the focus of enormous controversy for over 40 years. Greater consensus and understanding is achieved when considering megalithic as associated with the spread of farming in general and the environmental crisis leading to a process of social differentiation. Dr. Oosterbeek has

worked at the Macao Museum focusing on Prehistoric Art and Archaeology. He is a very well respected.

The AGM of the AAA will be held on Thursday, 21st February in the afternoon. The Venue will be the Convento de São José in Lagoa. This will be the commencement of a new year and an ideal time to renew your membership or join as a new member. Further information from Maxine on 917 26 79 48

Let's Walk to the Arade Barragem

January 30th

A moderate walk of 2.5 hours through countryside to the Arade Barragem and then back through eucalyptus woods. All welcome please just come along - there is a small charge.

10.30am start meet at the cafe

/restaurant Reinha. From Silves follow the road to Messines and after 6km turn left towards the barragem. The cafe is 1km along the road on the left hand side.

Walk leader - Silvia Smeman (tel 289 478 845 or 963 737 170).



Let's Walk from Figueira

February 2nd & 4th

An easy 2 hour circular walk through unspoilt countryside and by the side of the Alvor estuary, close to Lagos. All are welcome please just come along - there is a small charge.

10.30am start meet by the football stadium in Figueira. Leave the A22 at the Odiarex/Mexilhoeira Grande exit and fol-

low sign for Mex. Grande. This brings you to the EN125 pass the turnings for Mex. Grande, and then on your left you have a palm garden centre, the next left turn is for Figueira turn here and the stadium is on the left.

Walk leader: Peter Lammin and Julie Statham (tel 934 992 908)

Going Clubbing?

Are you a member of an association or group that deserves mention? Then this is **your opportunity** to tell the nation all about it; find new members, or maybe even start your own.

From walking to wine tasting, golf to gardening, cricket to crocheting, we would like to hear what team activities you enjoy in your free time, and what they are all about.

Send your stories and pictures to: copy@the-news.net

Almancil International Rotary Club Presentation



As part of its continuing support for Os Miudos, the children's home in Loulé, the Almancil International Rotary Club has presented the home with four lockable bedside cabinets for the older children. These cabinets will afford the youngsters, who

will have their own keys, privacy for their personal property, and prevent interference by the younger children at the home. The presentation was made by the AIRC vice president. Peter Hinze, seen here with members of staff at the home.

Vale de Milho Golf

*Ideal for short game practise!
Ideal for family golf!
Ideal for beginners!*



Vale de Milho - A 9 hole, par 3 golf course, was designed by the Ryder Cup player Dave Thomas, to provide a real challenge throughout it's 926 metres for all standards of players. Facilities include a lounge bar, restaurant, a well stocked shop, snooker room and golf school. "best designed (Algarve par 3) layout" - Greg Turner. "Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

SPECIAL WINTER PROMOTION - (18 HOLES)

€30

From November 2007 to January 2008

TWILIGHT PROMOTION

€25

February and March - after 3:00 pm

April to September - after 4:30 October - after 4:00

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BOWLS ALGARVE

EXETER FRIENDLY SOCIETY LEAGUE

Wolves devour the sinners, Gladiators tame the Tigers

Another week, another round of matches and yet more surprises! Table topping ABC Cats had to sit this one out as it was their turn to rest. Their nearest challengers, the Crusaders took full advantage by winning at home to the Harlequins, in a close and tense match. Crusaders eventually triumphed by 50 shots to 47 and by 5 points to 2, which took them to the top of the league.

Over at Tavira, the Tigers had an equally close game against the Gladiators and the Gladiators recorded an excellent away victory by 47 - 50 and by 6 points to 2. Alvor Greens were at home to the Titans and after another close encounter, the

Greens won by 65-59 and by 5 points to 2, pushing themselves back into the title race. The final game saw VDL Wolves play PDF Sinners, and despite picking up two points, the Sinners went down to a heavy defeat 89-30, the in form Wolves taking 5 points and moving up to third in the championship race.

So Crusaders lead the way on 48 points, with the Cats second on 44. Wolves now have 39 as do the Greens, though Wolves have a superior shot difference. Harlequins slip to fifth with 38 points, closely followed by the Gladiators on 37. Tigers and Sinners have 34 points and the Titans have 27.

DRYTEC THURSDAY LEAGUE

17th January 2008

Round six saw all teams converge on Tavira, where the unbeaten Alvor team beat Albufeira by 33-29, winning both the fours and the pairs and taking all six points. Parque da Floresta won their pairs against Vale do Lobo, but lost the fours and VDL duly recorded a one shot victory overall, taking 4 points to 2. Finally, hosts Tavira played Isla Canela

and won comfortably 49-18 taking both games and 6 points. This left Alvor out in front in the league with 31 points. Vale do Lobo are second with 27. Then there is a gap to Tavira on 18 points and Albufeira and Parque da Floresta both with 12, whilst Isla Canela have 8 points.

Alan Clarke
League Director

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Exercise - the 5th element

This is officially the 5th function that keeps your body healthy and running smoothly. If you have already absorbed my previous articles then you should be doing things differently now, which will make you healthier in the long run. If you have managed to change a few things in your day to day life then you may well be feeling that change already.

We are all living more and more sedate life nowadays as professions are made easier with new technology and progress. This is even affecting our social life by

showing more things on television and computer games. If we take all this into consideration, we, as a planet, are nearly all just lounging around far too much for

our bodies.

We all need to do some form of exercise for our bodies as it needs something to get the heart to work that little bit more. This means you don't have to go to the gym and over work yourself, you can start by just walking further and at a faster pace. Even if you suffer from arthritis you still need to exercise to keep the fluid moving around your joints because this is how your joints get their nutrition to keep as healthy as possible.

The only thing you need to take into consideration is that when the joints are inflamed and painful you do have to rest them. If you are unsure about when to and when not to exercise the joints ask your therapist or contact me for advice. If you have had heart problems you still need to exercise but it does need to be closely monitored right from the start. In this particular case consult your doctor first to get the all clear to begin rehabilitation and ask them to refer you to a good reputable therapist.

Work can be stressful and exhausting but this is mainly on the bodies brain and this can put strain on the heart in various ways. This we will look into in further detail to when I write about the official 1st function as referred to above.

So, what sort of exercise do I do? Well, you need to consider really how fit you are, do you have any disabilities, any disease that may cause a problem or any operations that could impede you when doing exercise. If these are concerns then ask somebody about it! Your doctor, therapist or trainer but make sure they have a very good knowledge of the human body and about the particular problem you have. If you have a disc problem and that you do any exercise that is contraindicated to your problem then you can do more harm than good to yourself, so be warned.

So, if you are new to doing exercise and would like to start then you should get a full assessment done first. If you do this then you can get a specific programme tailored to your specific needs as an individual. This can then build you up at your own pace and can also be monitored stage by stage. Not all people need vigorous exercise, if they have adrenal exhaustion or other types of problems then they will not do well with vigorous exercise.

A lot of people are confident and healthy enough to start on their own to exercise by walking, dancing, swimming etc. It is said that you need to do 30 minutes of exercise per day but person-

ally I would say 50 minutes per day to include a warm-up and cool-down stretch routine as well.

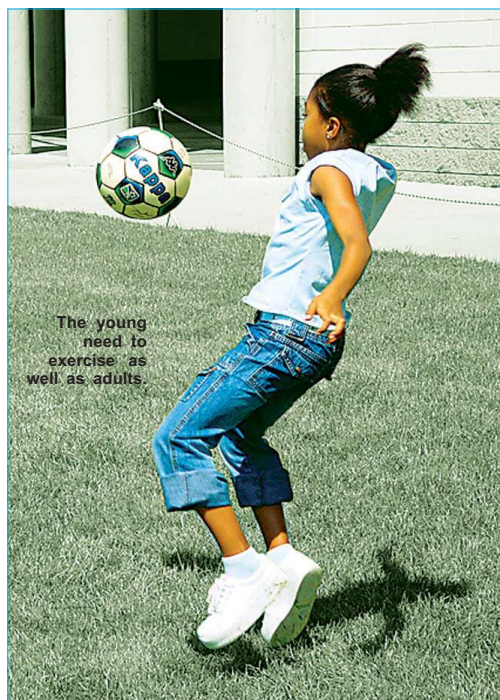
I would also say ideally that you don't exercise any part of the body on any consecutive day as you need to give that part of the body time to repair itself. I strongly recommend that if any part of the body feels tight then you need to stretch it out every-day until it feels good again. It would be wise to get your body assessed for tight and weak areas so you can build up the weak and stretch the tight because what you think might be tight maybe in fact be long and weak.

Once you know what is tight and weak then you can exercise correctly and get your body back

into balance again so you don't put any stress on any particular joint.

This all comes down to one very important thing ... WHAT EVER YOU DO ENJOY IT!! If you don't enjoy what you are doing then it is that much harder to do and it then becomes a chore. It could be that you like doing things on your own or in a group or you need to be pushed by a trainer. Whatever suits that's what you should do and if you want a change then change.

Stuart Reynolds
H.Dip.SI.MIPTI
For further information or advice contact Stuart on Tlm. 966139678 or call in at Natural Health Solutions in S. B. Messines.



The young need to exercise as well as adults.

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How active are you?

Try this quiz to find out your fitness level.

1. Where do you live?

- a) In a house with one or more flights of stairs
- b) In a ground-floor flat or bungalow
- c) In a first-floor (or above) flat - and I usually use the stairs
- d) In a first-floor (or above flat) - and I usually use the lift

2. What is your main mode of transport?

- a) Public transport
- b) Car or motorbike
- c) Bicycle
- d) Walking

3. For how long would you walk or cycle in a typical working day?

- a) Less than 10 minutes
- b) 10-20 minutes
- c) 20-30 minutes
- d) At least half an hour or more

4. What do you usually do at lunchtime?

- a) Stay where I am and eat lunch at my desk
- b) Go out to buy sandwiches
- c) Go for a walk
- d) Play sport or exercise

5. At work, how do you move from floor to floor?

- a) Always take the lift
- b) Walk up or down - but there's only one flight
- c) Walk up or down any number of flights
- d) We're on the ground floor

6. Do you own a dog?

- a) No

- b) Yes, and I walk it regularly
- c) Yes, and I walk it occasionally
- d) Yes, and I employ a dog-walker

7. You arrive home to discover you've no milk. What do you do?

- a) Turn around and walk to the shops
- b) Send someone else to get it
- c) Drive to the shops
- d) Do without

8. How do you shop?

- a) Drive to the supermarket once a week
- b) Shop locally more than once a week and carry it home
- c) Shop locally more than once a week and drive home
- d) Me? Shopping?

9. If you had to run 50 metres for a bus, how would you feel?

- a) Barely out of breath

- b) I'd be glad to sit down and recover
- c) I'd be red in the face and panting for five minutes
- d) I'd wait for the next one

10. Do you currently play a sport or exercise?

- a) At least three times a week
- b) About once or twice a month
- c) Once in a while
- d) Never/Not if I can help it

YOUR SCORE

Award yourself points for your answers as follows:

- 1. a) 4; b) 0; c) 4; d) 0 (Add one point if you have a garden)
- 2. a) 3; b) 0; c) 4; d) 4
- 3. a) 0; b) 1; c) 2; d) 4
- 4. a) 0; b) 1; c) 3; d) 4
- 5. a) 0; b) 2; c) 4; d) 0
- 6. a) 0; b) 4; c) 2; d) 0

- 7. a) 4; b) 0; c) 0; d) 0
- 8. a) 0; b) 4; c) 1; d) 0
- 9. a) 4; b) 2; c) 1; d) 0
- 10. a) 4; b) 2; c) 1; d) 0

If you scored...

30-40: Congratulations! You probably exercise regularly, are active in everyday life, and are well motivated to continue.

20-30: Pretty good: you understand that it's important to exercise and want to find ways to be even more energetic.

10-20: Could do better: you're missing too many opportunities to build physical activity into your daily routine.

0-10: Don't despair! You just need help to get started, with lots of fun ways to build in more exercise into your life.

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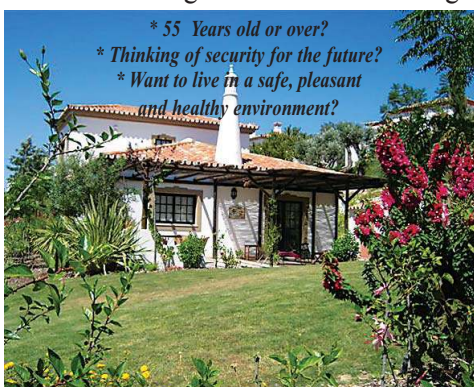
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Flaine - first for families

This was our family's first venture to the ski slopes. It was a chilling thought taking my two children on their first skiing trip. If just one of them didn't take kindly to the slopes I could face a week of tobogganing, ice-skating or languishing in over-priced mountain cafes trying to keep a little one entertained, while waiting for the others to come down mountain.

That, coupled with the thought of replacing the daily school-run routine of 'Have you got your tie/shoes/homework?' with 'Don't forget your hat/gloves/skis/passes' and to be honest, I was beginning to get cold feet about the whole trip.

However, as both my husband and I are keen skiers, we agreed to tread on thin ice for our first family ski-trip to Flaine, in the northern French Alps between Geneva and Chamonix.

It forms the centre of the spectacular Grand Massif, one of the largest linked ski areas in France, offering 265km of snowsports over 133 runs, with 78 ski lifts connecting Flaine with the neighbouring resorts of Samoens, Les Carroz d'Araches, Morillon and Sixt Fer a Cheval.

At 1,600m, Flaine's not quite as high as other French resorts, such as La Plagne or Courchevel 1850, but because it lies within a dramatic bowl, the snow remains longer here than at other locations.

With 52 red runs, 52 blues, 15 greens and 14 blacks, there's enough skiing for all abilities, but the resort comes particularly recommended as a child-friendly destination, with plenty of nursery slopes to keep the youngsters amused.

Flaine centre, it has to be said, is more concrete than picture postcard, having been purpose-built in the 1960s. But my seven and eight-year-old children didn't notice the architecture when they were having fun in the snow - and there was still plenty of it in spring.

We needn't have worried about them taking to the sport. Once we had hired the boots and skis the children couldn't wait to have a go, and as they could ski virtually from the door of our hotel, we didn't need to walk far for the fun to begin.

There are several free lifts at the base of the resort, which accommodate two green runs ideal for beginners, so we didn't buy a ski pass for our children on the first day just in case they didn't

like it.

But after an afternoon finding their snow legs, they were hooked and could soon tackle the chairlift with an adult.

Ski school is a must for young beginners - to learn the basics of snow-ploughing, distribution of weight on the skis and, most importantly, how to stop. They also make new friends in the lessons - and it also gives parents time to ski on their own.

However, during peak season ski school can be crowded, so we organised a couple of private

Some parents choose to teach their children themselves, but we found that ours took instruction better from professionals.

My daughter, who had fallen off a button lift on her first attempt with me, initially stormed off, refusing to have another go. But when the instructor told her to get on, there was no hesitation, and soon she could approach the lift with confidence.

I met several families during my stay who had driven to Flaine, taking the Dover-Calais ferry and then sharing the eight-



lessons. A two-hour lesson for two children in Flaine with ESF cost €69 (about £100) and was worth its weight in gold - they progress quicker and have individual attention which can make it safer.

hour drive.

They chose to drive partly because it's slightly cheaper than a package and partly because they were self-catering and could cram provisions for the week in the car.



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The last thing I want to do at the end of a day on the slopes is cook, so we opted for a package holiday with Crystal at the Club Hotel Totem, where you can ski to the door.

For a three-star hotel, the food was fabulous. The menu changed daily and we were offered choices ranging from sea bass and hake, to venison, roast lamb and vegetarian stir fries.

Children are always hungry earlier in the day and we took advantage of the hotel's provision of early children's meals at 5.30pm to enjoy our dinner in peace a couple of hours later. By then the children were in the nearby games area with friends or settled into the hotel's 'Pyjama Club' with some of the childcare staff for an evening of chill-out activities or just a DVD.

If you're eating out, Flaine is not as expensive as other French ski resorts where you get no change from €10 (£7.45) for two small coffees in a mountain cafe.

You'll pay around €3.50 (£2.60) for a coffee in Flaine and up to €7 (£5.20) for enough chips to feed two hungry people.

We bought baguettes, pain au chocolat, soft drinks and fruit from the supermarket for lunch, which came to about €15 (£11.15) for four.

Spring skiing is ideal for children. The weather is often warmer than earlier in the season, so they don't become

chilled to the bone. By mid-afternoon, when the snow has become as slushy as wet granulated sugar, they've usually had enough anyway.

Then it's time to take off the ski boots and go sledging - and we found that it was still warm and light enough to go in the early evening, about 6.30pm, whereas earlier in the season the days are not as long.

By the fourth day my children tackled red runs with relative ease. Those private lessons were paying off.

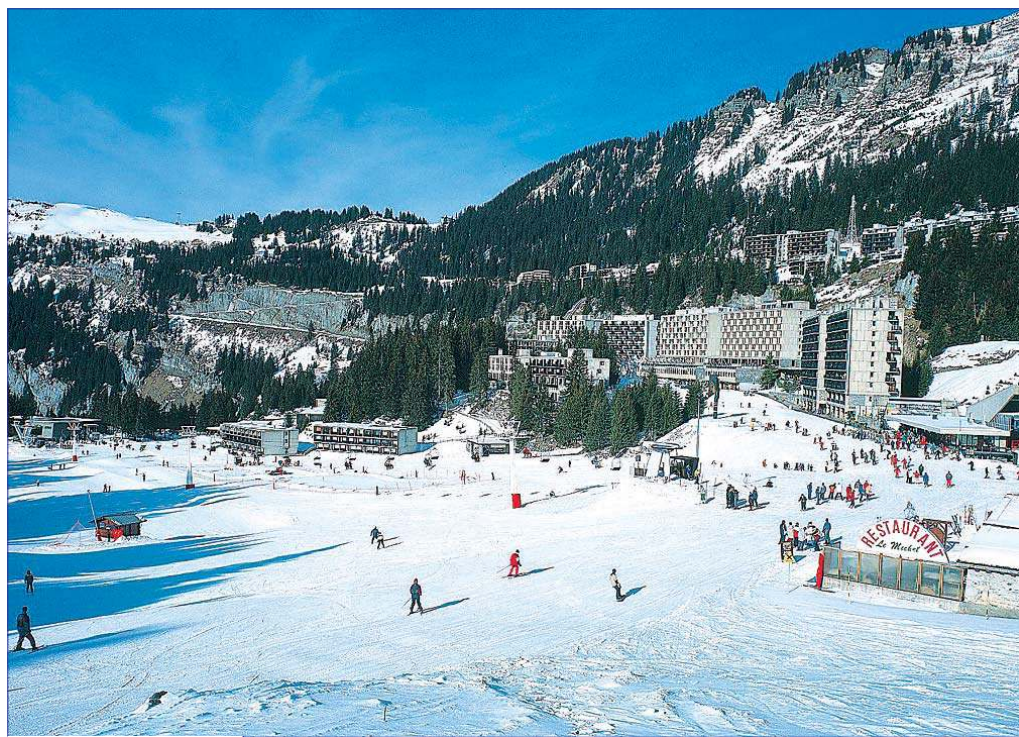
Flaine is also great for intermediate skiers who want to practice their style on the wide, well-maintained pistes. A good lift system from Flaine Forum will give you access to all runs, and you can reach the top by cable car from there as well.

Once you reach the summit, the mountain range is well signposted. Many of the runs are named after gemstones, including Amethyste, Topaze, Emeraude and Diamant Noir.

Flaine centre may not be the prettiest resort, but our ski guide pointed out that, had the architects built a series of picture postcard, low-rise chalets to accommodate the same amount of visitors, they would have needed many more buildings - which would have eaten into the wonderful slopes of this ski-to-the-door resort.

I know what I'd rather have, my kids do too.

TRAVEL FACTS:



Pictured above: Flaine ski slope and resort; and left: Cool dudes on the nursery slopes! Opposite page - top: A bedroom in the Hotel Le Totem, Flaine; and bottom: A view of the piste.



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∴ Hannah Stephenson travelled to Flaine courtesy of Crystal Ski, which offers seven nights' half-board plus afternoon tea, coffee and cake and free wine or soft drinks with evening meals at Club Hotel Le Totem from £1,248/€1,679 for a family of four (two adults and two children) this winter, including return flights ex-Gatwick and transfers.

Adult prices begin at £479/€644, with special rates for children (2-11). There are up to three free child places per family.

Free ski and boot hire for one child for each adult pre-booking skis and boots. Six days ski/board hire costs £91/€122 per child, £124/€167 per adult. Lift passes cost £147/€198 per adult, £107/€144 per child (5-11 years), with free passes for under-fives.

Crystal child care at Club Hotel Le Totem can be pre-booked. Crystal reservations: 00 44 (0)870 402 0293 or online at www.crystalfamilies.co.uk

Hannah Stephenson



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Celebrity beauty buys

Find out what your favourite celebrities have to say about their must-have products for the beauty cabinet.

Celebrity-endorsed products are big business in beauty. From Sarah Jessica Parker to Big Brother's Chanelle, every super-papped star seems to be putting

their name on a bottle of perfume. Superdrug predict celebrity fragrances will make up 40% of all fragrances they sell this Christmas.

The stars in question may rave about their own products, but what about the beauty goods that don't have their signatures splashed across the packaging? It

seems we're fascinated about what the world's most photographed women are buying for themselves.

"Shoppers are very celeb savvy," says Simon Comins, head of cosmetics at Superdrug.

"We know that if Victoria Beckham is spotted wearing a dis-

tinctive colour nail varnish then our customers will be looking out for it in our stores that same day."

Catherine Bossom, buyer for perfumery & cosmetics at Harrods, also believes celebs hold enormous beauty appeal for consumers.

"Even premium brands such as Dior and Chanel are working with the likes of Charlize Theron, Nicole Kidman and Keira Knightley to raise their profile," she explains. "Of course, if a celebrity endorses a product without being paid to, that is even more valuable."

You don't need a VIP pass to take a peep into the stars' make-up bags as we reveal what the products the world's beautiful people are using:

LIV TYLER - Givenchy Mister Light Concealer. "My secret weapon is my concealer - Mister Light by Givenchy. It hides any flaws like dark circles under my eyes."

KELLY BROOK - Mason Pearson hairbrush. "I use a natural bristle hairbrush by Mason Pearson. Every hairdresser I have ever worked with recommends these as they're gentle on the hair and scalp."

DANNI MINOGUE - Jane Iredale cosmetics. "I want to get away from putting chemical ingredients on my skin and to use something healthier, like Jane Iredale."

LILY ALLEN - Elizabeth Arden Eight Hour Cream. "Elizabeth Arden Eight Hour Cream is good for everything, from dry skin to dry lips to giving you a little bit of gloss."

HOLLY WILLOUGHBY - Gliss Liquid Silk Gloss Shine Treatment Spray. "For glam Hollywood hair, I use Gliss Liquid Silk Gloss Shine Treatment Spray. Great for non-greasy shine - and a bargain too!"

GWEN STEFANI - Barry M Dazzle Dust. "I adore Barry M, especially the Dazzle Dusts, which are great for all occasions."

CHRISTINA AGUILERA - Davines Nounou Nourishing Re-

pairing Mask. "My hair gets a lot of wear and tear on tour from all the sweat and hairspray. This is really creamy and takes the knots out of my hair when it tangles, which is often!"

VICTORIA BECKHAM - Dermologica Multivitamin Power Recovery Masque.

"Dermologica Multivitamin Power Recovery Masque - I call it my little ambulance in a tube."

JAMELIA - Johnson's Baby Oil Gel. "I've used so many body creams but this is the best - it leaves my skin baby soft and gives it a sexy gloss on arms and legs."

MENA SUVARI - Darphin Hydraskin Intensive Moisturising Serum. "The Darphin Hydraskin Serum completely hydrates my skin when I am feeling dry, and it feels so light - not heavy at all."

EMMA BUNTON - Schwarzkopf Supersoft Yoghurt & Coconut Smoothie. "Winter can be damaging for your hair due to extreme weather conditions, cold temperatures and central heating. I use Supersoft Yoghurt & Coconut Smoothie as it works as an excellent moisturiser for my hair."

ERIN O'CONNOR - Liz Earle Naturally Active Skincare's Eyebright. "Liz Earle Naturally Active Skincare's Eyebright transforms my eyes when they need help the most."

ALEX

CURRAN -

MAC Cream Colour Base in Hush. "I love all MAC make-up and especially this blusher. It has a lovely texture and a tiny bit of sparkle, so it makes my skin glow."

FEARNE

COTTON -

17 Infinite Lash mascara. "I'm loving the new 17 Infinite Lash mascara. I love the shape of the brush as you don't get any cloggy

bits! This means you end up with really long curly lashes!"

DITA VON TEESE - Limited Edition GHD pink irons. Some proceeds go to Breakthrough Breast Cancer

(www.ghdhair.com). "I always advocate beauty items that come in gorgeous packaging, as it makes you feel like a glamour girl to be using products that look as great as they make you feel."

CAT DEELEY - Clarins Thirst Quenching Hydra-Care Serum. "My skin is affected by changes in the weather. When it becomes dehydrated, I use Clarins Thirst Quenching Hydra-Care Serum to give it the boost it needs."

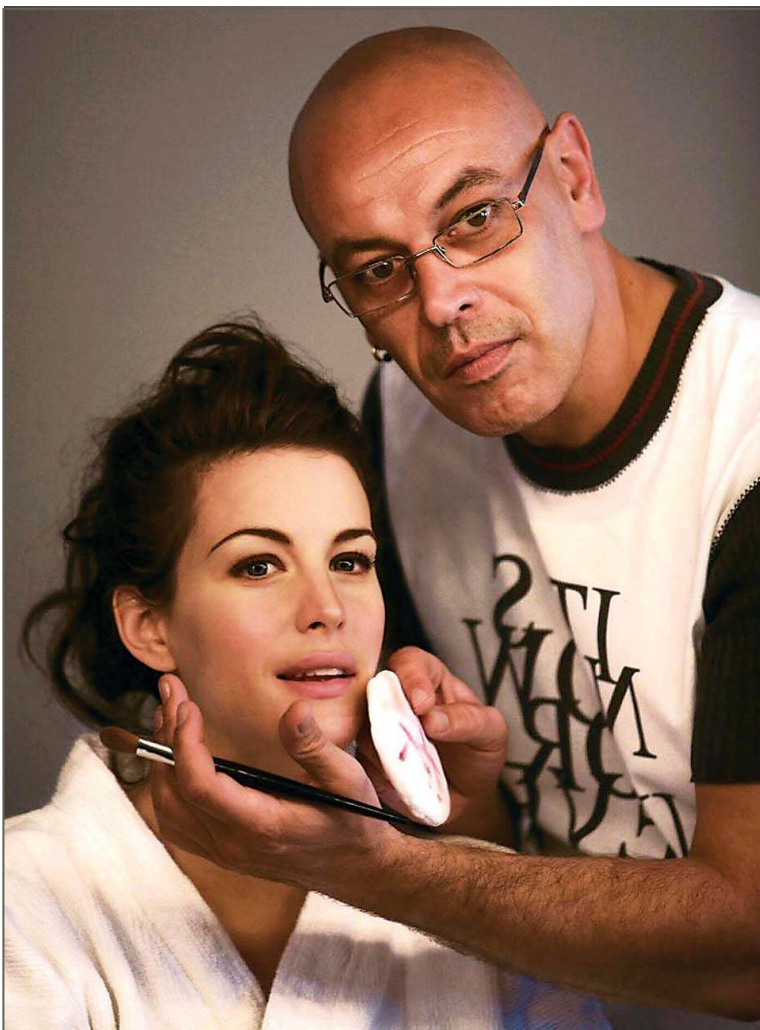
HALLE BERRY - Lush Dream Cream lotion. "The best is Dream Cream by Lush... I'm stuck on the stuff!"

SADIE FROST - Givenchy Rouge Interdit lipstick. "I absolutely love these lipsticks. There's a colour for absolutely every occasion."

DONNA AIR - St Tropez Everyday Airbrush (www.st-tropez.co.uk). "When time is of the essence, I love the St Tropez Spray Tan. It's just brilliant for that quick-fix glow."

CLAUDIA WINKLEMAN - Fenjal Classic Creme Bath. "It rocks! You put a capful in the bath and it's a magic liquid that makes your thighs feel smooth."

Lisa Haynes



Liv Tyler preparing backstage for a Givenchy shoot. "My secret weapon is my concealer - Mister Light by Givenchy. It hides any flaws like dark circles under my eyes," she says. (Photo: Press Association)



"Elizabeth Arden Eight Hour Cream is good for everything, from dry skin to dry lips to giving you a little bit of gloss," Lily Allen says. (Photo: Mok/PA)

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Take centre stage and party on for your kids

Children's parties - love them or loathe them, as a parent you can't escape them. Lisa Salmon describes the highs and lows of holding a children's party at home and speaks to a mum who set up her own children's event company.



A children's birthday party used to mean a hectic few hours at home with a horde of kids excitedly playing Pass the Parcel and singing Happy Birthday.

But these days, it's not so simple. Modern birthday parties take a whole host of guises, ranging from an afternoon at a children's museum or play centre to a day at a theme park.

There's so much choice that many parents think you'd be mad to endure the planning, stress and mess of a party at home. Nevertheless, I chose to be brave this year and host a home-made celebration for my son's fourth birthday.

And while there's no denying that organising it was sometimes stressful, the truth is that it really didn't take that much effort to give him a party to remember.

And, contrary to popular opinion, the house wasn't trashed, nothing was broken and it only took about an hour to clear up when the 15 guests left.

After getting quotes from children's entertainers, we'd (nervously) chosen not to hire one. The £150 (€202) we were quoted for a clown seemed excessive when four-year-olds ap-

pear to be happy just playing simple party games.

Of course, not hiring an entertainer meant the onus was on us to provide the fun - a scary prospect that's probably the driving force behind many parents' decision to pay for a professional.

But the reality is keeping little people amused is easy - although I must confess to some hired help in the shape of a bouncy castle in the garden. It was £55 (€74.50) for the day from a local company, and the kids loved it.

For party games - all non-elimination to avoid bored excluded kids - I printed a donkey picture off the internet for Pin the Tail on the Donkey, which went down a storm, as did eating Hula Hoops threaded on a string with their arms behind their backs for the second game.

For the third one, I cheated a little. It was another old favourite, Pass the Parcel, but the parcel itself was part of a party box from the party tableware supplier Turrets & Tiaras.

As well as the parcel, their Superior Pirates Party Box (from £44.99 (€60.60)) contained wonderful matching pirate paper plates, cups, napkins and hats, and plenty of other

party goodies including take-home party bags filled with quality gifts.

The party box took a lot of angst out of the organising - and that's just why Turrets & Tiaras was founded by Alison Jones and her husband Andrew.

"I was having a birthday party for my daughter and it was very hard to find everything in one go," says Alison.

"The idea is that parents don't have to go to loads of different places to buy things for the party - we make it easier for them."

She adds: "I think parents are holding parties at home more and more - everyone's done parties at play places to death."

"Parents who have their children's party at home will surprise themselves - and have a lot more fun than they'd imagined."

She's right. It definitely wasn't just the kids who had great fun at our party, and the whole experience was much easier than I'd expected.

Nevertheless, now it's all over I can breathe a huge sigh of relief - and now start planning my youngest son's party in September.

www.turretsandtiaras.co.uk
Lisa Salmon

ASK THE EXPERT

Q: "My two-year-old son recently had a bad bout of diarrhoea and vomiting, which my GP told me was called rotavirus gastroenteritis. What is this, and is there anything I can do if he gets it again?"



A: Dr Susan Hill, a consultant gastroenterologist at Great Ormond Street Hospital, says: "Rotavirus is the most common cause of gastroenteritis (diarrhoea and vomiting) in babies and children, with 95% suffering an infection by their fifth birthday.

As rotavirus is not routinely tested, most parents have never heard of it. But a baby or child can have 20 episodes of diarrhoea and vomiting in just 24 hours, and each year around 18,000 children are hospitalised due to rotavirus.

Fever, diarrhoea and vomiting are the main symptoms, lasting for up to a week.

The main concern of infection is dehydration. Parents are encouraged to keep their child hydrated with frequent small sips of water, breastfeeds or bottle feeds, preferably given just after vomiting.

Rotavirus can't be treated with antibiotics and spreads easily, making it difficult to control. Toys, nursery equipment, even door handles can carry the virus, so good hygiene is important for limiting the spread.

If your baby or child shows signs of dehydration such as small amounts of strong urine, dry lips and a dry tongue, or has very severe diarrhoea and vomiting, contact your GP. If your child has rotavirus symptoms, keep them away from other children until 48 hours after symptoms have stopped, to avoid passing it on."

THREE WAYS TO... help a stressed teenager

1. Identify the teenager's symptoms of stress, and help them tackle the cause if possible.

2. Make sure the teenager has a support system, with at least one adult to confide in, as well as friends.

3. Help them learn about stress management and stress-relieving techniques such as exercise, proper nutrition and meditation.

Parents who worry they haven't got enough money to give their kids expensive treats may take heart from new research which shows that what makes most children happy is old-fashioned family fun.

A study of eight to 14-year-olds found that 94% love fun

with the family, with more than half saying it made them feel happy and loved "deep down".

The research, conducted by Bold 2in1 Refreshing Water & Spa Minerals, found that just 16% preferred playing a board game, and 33% preferred spending time with their best friend.

Family psychologist Dr Raj Persaud says: "It may come as a surprise to some that today's children prefer simple family fun to spending time with their friends or in front of a computer."

"Actually, it's those shared experiences that bring about the closeness which leads to a real sense of belonging and security."

Half of children wish they could do more refreshing outdoor family activities like ice skating, cycling and swimming, and 30% wish their parents had more fun.

In addition, 47% said family meals are the thing they enjoy most - because that's when they talk and laugh.

"Children equated laughing, joking and hugs as the core of family fun as opposed to expensive activities and holidays," adds Persaud.

"It's not to say that children don't enjoy time away from the family - but what's clear is that family fun is crucial."



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Chic Cosmetica, Lagoa's trendiest beauty salon



When it comes to quality, size really doesn't matter and this is proved by the brand new Chic Cosmetica salon, Lagoa's latest beauty retreat. Compact but very cosmopolitan, each customer is showered with the time and attention that real pampering requires.

Chic Cosmetica was established by experienced Dutch beauty specialist Astrid Vos. With a contemporary, elegant feel, the salon is petite in size but comfortable and private.

Located on the main road between the 'Blue Elephant' car wash and the Millennium bank (the salon is, in fact, located right next to the Montepio Geral bank), it enjoys a central location and has plenty of parking in the surrounding areas.

Astrid has been in the beauty business for more than 18 years. In her native Holland she ran her own business, which, in similarity to Chic Cosmetica, started off small, but rapidly flourished to become a fully-fledged empire, complete with hair salon, nail bar, and organised 'beauty days'.

Despite her success of nearly two decades Astrid wanted to regain some tranquillity to her hectic lifestyle, so three years ago she opted out of her enterprise and took a rather more laid-back job as specialist product trainer and account manager for the acclaimed 'Esthederm' French beauty products.

After moving to Portugal last September, she opened her Lagoa-based salon just a few months later and has maintained Esthederm products as her brand of choice.

In fact, Chic Cosmetica is the only salon in Portugal to specialise in Esthederm products.

Renowned for their innovative skin technology, Esthederm products work by 're-programming' skin tissue to learn to re-

generate itself.

"A lot of people don't know how their daily routines and lifestyles are affecting their skin. The sun, pollution, stress... and most people will only take some form of action once they can see these effects", she explains.

At Chic Cosmetica, clients can experience the unique Herbal Pad body massage, brand new to Portugal, as well as the recently introduced Herbal Stamp body massage.

Specialising in facials Astrid offers a large variety of different face and neck treatments, as well as permanent make-up.

Most facial massages will last between one-and-a-half to two full hours.

A point is made of offering excellent advice so clients can continue the good work by themselves, at home, and prolong the benefits of the treatment.

Waxing and nails complete the range of treatments offered,

which are available to both men and women.

Astrid believes, "If people are willing to pay money for a treatment then it must be a very good experience all round. Clients must not feel rushed, they should be able to fully relax".

She concludes, "Beauty is simple. If you look good on the outside, then you feel good on the inside".

Chic Cosmetica is open Monday – Saturday, by appointment. To book your appointment or for more information, call Chic Cosmetica on: 932 041 301, or e-mail: astrid-ent@hotmail.com.

A 20% discount will be given to anyone mentioning this article or the advert in The Portugal News.

'Introduce a friend' discounts are also available for introducing a friend to Chic Cosmetica. Both the introducer and the friend will be given 50% discount on their second visit.



International School of São Lourenço



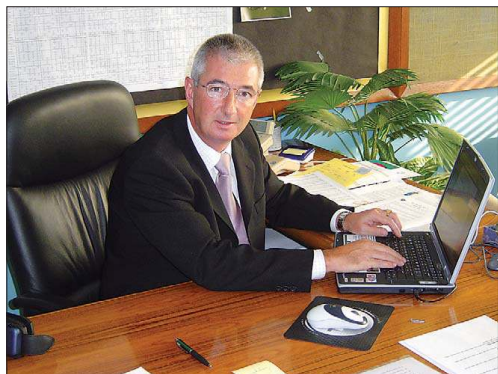
Times are changing at the International School of São Lourenço. A new Headteacher, Terry McGuire was appointed and took up the reins in August 2007. A new school building is planned and a new Parent Teacher Association and Board of Governors have recently been constituted.

"These are very exciting times" said Mr McGuire. "The collaboration between all elements of the school is exceptional. Parents, teachers, support staff, governors and management are all making great efforts to take this already great school to new heights. We intend to ensure that our academic standards are exceptional and that we can cater for the needs of the diverse population in the Algarve."

Mr McGuire says that he will continue to develop a dialogue between all the key players because it is his belief that having a shared purpose and determination to achieve "nothing but the best for our children" is a powerful force. He said "the tradition and community of the school are its greatest strengths."

If we can harness these qualities and continue the development of the school in a new purpose-built environment, then the school will go from strength to strength."

For more information, contact the school on: (+351) 289 398 328, fax: (+351) 289 398 298, e-mail: eis1@mail.telepac.pt, or see the school's webpage: www.eis1-pt.org.



Have you got happy feet?



The secret to a happy, healthy body apparently starts at the feet. If you have happy feet, then the rest will follow. This is what newly established pedicurists Happy Feet specialise in. As the name suggests, Happy Feet!

Medical pedicures (chiro-pody) and special diabetic foot treatments are available, along with a range of other treatments to cure a number of foot ailments, including hard skin, corns, verrucas, in growing toenails and nail fungus.

Nail repair is also catered for, and for those who simply wish to treat their feet, relaxing massages and Reiki can be enjoyed.

Reiki is actually a fascinating way to pinpoint other troubled areas within the body's system, balancing and stimulating natural energies, restoring innate harmony.

Carmen Becker, a German-qualified chiropodist with five years experience, established 'Happy Feet' in June last year after moving to Portugal just a few months before, in April.

Prior to becoming a chiropodist Carmen was a banker, a city worker who decided to trade in on her high-pressure job to take up something that offered more freedom and less stress.

"I wanted a job that, as well as enjoying, I could do in any part of the world if I chose to travel", she explained.



"I went on holiday one year and went to the beach, and I saw so many people with horrible feet. That is what convinced me to dedicate my career to chiropody. People don't need to have ugly feet or suffer pain".

Taking good care of feet is paramount for individuals with diabetes and particularly the elderly. For those less mobile, Carmen will make home visits within the Alvor/Portimão/Carvoeiro/Lagoa region.

In her spacious practice in Alvor, she uses state-of-the-art

technology and specialised equipment, in a 100 per cent sterilised environment.

"People usually love to have their feet done", says Carmen, "and if they are done properly and taken good care of on a regular basis, this can help the rest of the body keep a healthy balance".

Happy Feet is located in Alvor, in the Dunas de Alvor building (just after Remax). Open 09h00 – 20h00. For more information or to book an appointment, call Carmen on: (+351) 966 237 330.

The effective green heating solution



Do you need a fire with a powerful output? Does a log burner present a problem – too labour intensive? Chimney not available? Or do you prefer the 'green option', using waste products.

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These fires burn pellets, which are loaded into a hopper and gradually drop into a burning box. The pellets are made from waste products (forest and carpenters waste, nut shells etc) All the resin and tar are extracted from this raw material and the pellets are put into 15 kg. sacks.

The fires burn cleanly - glass does not blacken and the residue is virtually none – average cleaning is once per week with a damp cloth and vacuum cleaner.

Joro has been supplying pellet fires in Portugal for over 10 years, during which time the product has been refined to what is being offered today – attractive designs in various sizes, economic running costs – from 17 cents per hour – and a high output. Ecoforest's in-

telligent stoves include a remote control with the possibility of programming automatic start and shut off.

Pellet fires offer many possibilities for heating – either with free standing models or convert-

ing an existing fireplace. A chimney is not required – only a small vent to an outside wall to expel fumes.

Where conventional heating systems present a problem the pellet stoves offer many possibilities.



ties – for example in apartments, or restaurants and commercial premises where installation work must be kept to a minimum (the fire can easily be removed at a later date) or converting a traditional fireplace into something more manageable – a definite plus for those of us that find logs not a practical option.

Visit the Joro showroom in Almancil to see a working pellet fire.

Phone/fax/e-mail Algarve and Sintra as follows:

Algarve: phone (+351) 289 390 830, fax: 289 390 839, e-mail: loja@joro.pt.

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PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 26 Jan 2008

PROPERTY OF THE WEEK

Senhora do Verde, Mexilhoeira, Alvor



Deep in the lush, blossoming Algarve countryside, poised on an elevated setting that overlooks sprawling hills and colourful landscape, is this week's featured property, a grand, three bedroom villa built and decorated with simple elegance.

Beyond electric gates is a wide cobblestone drive that climbs steeply up to the main building. This drive widens to surround the villa and create parking for a large number of vehicles. There is also a garage for sheltered parking.

In front of the villa, broad, stepped flowerbeds descend into Mediterranean-style gardens made up of lawns and mature plants.

Beyond the parking in front of the villa, a flight of steps leads to the raised terrace where the main entrance to the property is found.

Through the main entrance we enter a pretty hall comprising a guest WC, and a brick-framed alcove for storage.

This leads on into a big, bright living/dining area that has large, double aspect patio doors fronting the room and creating a semi-hexagonal shape.

A wood burning stove and its large brick chimneybreast are positioned in the middle of the patio doors, which overlook the pool and gardens outside.

As the property is raised and south facing, floods of natural daylight beam in all day.

There is an offset office to the

back of the living/dining room where there is another set of sliding doors.

Off from here is the kitchen; a good size room with a wide, solid-granite central breakfast bar which seats four people.

Fully equipped, the kitchen is neat and practical.

Also off from the lounge area is a big bedroom, complete with its own en-suite bathroom that is currently in the final stages of remodelling. This bedroom has patio doors that open onto the terrace.

To the back of the living/dining room, in a little wing of their own, are another two bedrooms and a large, shared family bathroom.

Both bedrooms are of a good size, have fitted wardrobes and patio doors opening onto the wrap-around terrace.

The shared bathroom is also large, styled to a contemporary design with a modern, rounded shower.

Inside there is central heating throughout, with radiators in all rooms.

A series of recent renovation works make this property look almost brand new, the interior décor, with textured walls and



light wood finishings, give it a light and airy feel.

Outside, the swimming pool is set in the raised patio, from where almost uninterrupted, panoramic views can be enjoyed.

Round the back of the property, beyond its walls, there is more land belonging to the same plot. It forms a steep drop at the bottom of which is a pretty stream and which levels out to a triangular-shaped plot.

In total, the plot measures 13,000 square metres.

Just a stone's throw from the main house, on the property's plot, is a ruin that could be converted into a second dwelling and offers fantastic potential to become a guest cottage.

This splendid villa is located 15 minutes drive from charm-

ing Alvor village, 15 minutes from Portimão, and is a five-minute drive to the main EN125, and Penina golf course.

It is priced at €870,000, to be sold fully furnished, as seen.

For more information or to make an appointment to view this property, please call Era Alvor on: (351) 282 402 440, fax: (351) 282 402 449, e-mail: alvor@era.pt, or see website: www.era.pt.



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Conceição de Tavira

Spacious 2 bedroom apartment built in 1996 situated on the top (2nd) floor, in the centre of Conceição a few meters from commerce, restaurants, public transport and Benamor golf course. 1.5 kms to Cabanas with its lovely lagoon and beach.
EA 012 ACON Price: € 109.000



Apartment Olhão

Lovely 3 bedroom apartment (113.30 m2) situated on the top (4th) floor, with lift, private garage, communal roof terrace with pretty views, situated in a quiet location facing a pretty garden area, within walking distance to the centre of Olhão.
EA 041 AO Price: € 165.000



Neighbourhood Tavira

Charming 2 bedroom cottage, renovated in the typical style, with 2 annexes and circular irrigation tank, surrounded by 1.729 m2 of land with a large variety of flowers and trees, situated approx. 3 kms from Tavira.
EA 042 CNTAV - GBP £265.000



Neighbourhood Azinhã

2 bedroom house (92.60m2) with solar panels, A/c in bedrooms, large covered terrace (44m2) and an easily maintained paved garden area (60m2), workshop in basement, roof terrace with lovely views, within walking distance to village and 15 mins to Vila Real (border town to Spain) and various beaches.
EA 043 HNAZ Price: € 180.000



Villa - Manta Rota

High quality, semi-detached 3 to 4 bedroom villa with central heating, A/c and swimming pool on a plot of 500 m2, conveniently situated within walking distance to the centre of Manta Rota and beach, 5 driving min. to various golf-courses and located midway between Vila Real de Santo António & Tavira.
EA 034 VMR Price: € 355.000

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Vilamoura

Beautiful 4 Bedroom / 3 Bathroom detached villa offering private swimming pool, roof Jacuzzi, & games room. Located in the "Old Village" and due for completion March 2008.
Price: €850,000 / €586,000



Vilamoura

Beautiful 2 Bedroom/2 Bathroom "Fully Furnished" apartment overlooking the swimming pool located on the exclusive Vila Sol spa & golf resort with 3 pools (1 Heated), air-conditioning & fireplace.
Price: €299,000 / £206,000



Vilamoura

Beautiful ground floor 2 bedroom / 2 bathroom "Fully Furnished" apartment with front-line golf views. Wood-burning fireplace, radiator heating and air-conditioning. This apartment is perfect for holiday rental income or holiday home.
Price: € 260,000 / £ 179,000



Vilamoura

3 Bedroom apartment on a beautiful complex with additional room for games or 4th Bedroom. The apartment has a large private garden of 124m2, woodburning fireplace & pre-installation for air conditioning.
Price: €315,000 / £217,000

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Quarteira

Renovated one bedroom apartment, with excellent sea view, composed of bedroom, bathroom, lounge, kitchenette and terrace. Furnished and equipped. Construction area - 57 square metres.
Ref: A1206 Price: € 117,000



Vilamoura

Spacious 2 bedroom apartment (possibility of 4 bed), 2 bathrooms, lounge w/ dining area, equipped kitchen, storage & terrace. Parking space in basement & private garden (125 sq.m.). Communal swimming pool & garden area. Constr. area - 170sq.m.
Ref: A1227 Price: € 315,000



Vilamoura

Semi detached villa composed of 3 bedrooms, 3 bathrooms, lounge, dining room, kitchen, storage, office, roof terrace & terraces. Garage, carport & BBQ. Swimming pool & garden. Furnished & equipped. Plot area: 290sqm. Constr. area: 200 sqm.
Ref: V12528 Price: € 460,000



Estói

Attractive villa with sea and country views, composed of 3 bedrooms, 3 bathrooms, lounge with fireplace, equipped kitchen, storage & terraces. Plot area: 2.400 sq.m. Construction area: 200 sq.m.
Ref: V12538 Price: € 530,000



Albufeira

Villa with sea view, located 5 mins from beach, composed of 3 bedrooms, 3 bathrooms, lounge (52,70sqm), office & 3 terraces. Swimming pool & garden. Garage & BBQ. Furnished & equipped. Plot area: 650sqm. Constr. area: 208 sqm.
Ref: V12539 Price: € 960,000

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SESMARIAS Refº V72027

3 bedroom villa on very quiet area, 5 mins walking to beach. 650sqm plot w/ approx. 208 sqm constructed area. Modern architecture. Top quality finishes. Fully fitted kitchen. A/c. Alarm. Large landscaped garden w/ sw. pool & BBQ area. Stunning sea & country views. Must be seen to fully appreciate.
Price: € 960.000



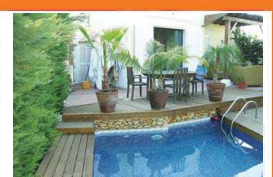
VILAMOURA Refº A72019

3 bedroom apartment on complex w/ large green areas & communal pool. Quiet area between Pinhal & prestigious Old Course. 115 sqm constr. area. Furnished & equipped. Balcony w/ BBQ. Nr several golf courses & less than 5 mins drive from Marina in Vilamoura & the beach. Excellent letting potential.
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S. B. MESSINES Refº A72018

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Ref. 1711 Price: € 470,000

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Ref. 1698 Price: € 239,000

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Ref:177FAR-M Price: €1,675,000

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Ref:161FAR-M Price: €1,050,000



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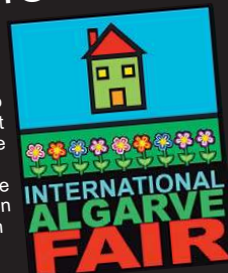
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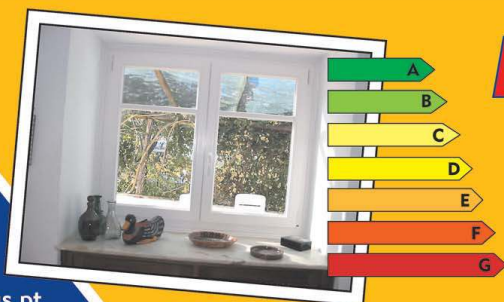


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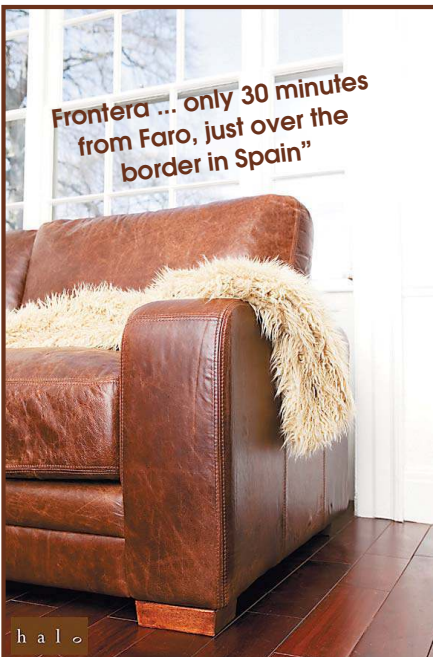
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Halkham coffe table, with a oak veneer top, from Marks & Spencers. (Photos Press Association)

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If there's one piece of furniture that packs a deceptively mighty punch in your home, it's a coffee table.

Once dismissed as a resting place for mugs - or feet - today these are a visual focal point for living rooms, sitting in the centre with seating grouped around them.

Officially defined as 'low tables where magazines can be placed and coffee or cocktails are served', they should be only 16-24 inches high (40.6cm to 61cm).

But nowadays those are just the basic ingredients as imaginative designers have conjured as many styles as there are coffee

blends with something to suit every taste and budget.

Their look - low, long, lean, chunky, see-through or solid - as well as the way they're 'dressed' (a liberal coating of take-away cartons and cans through to usually unopened glossy coffee table books) - will reveal so much about you.

The ideal 'brew' for a successful coffee table is a dash of striking good looks, the ability to be handy and practical, and a sprinkling of unique features (just like a partner!).

Choose your perfect coffee table from our 'cream' of the best.
Gabrielle Fagan

:: GLASS COFFEE TABLES

There is nothing quite as versatile as a glass coffee table. These go with any decor and highlight any room, but avoid if you're houseproud and hate fingerprints - these are a magnet for those as well as dust.

Top Choice: Natuzzi's Bubble & Vase softly-curved, clear glass coffee table, isn't just a stunner, it also has an integral vase which turns it into a stylish talking point. It also comes in coffee-coloured glass.

The Rest: Furniture Village's nest of three tables, one long curve and two beneath, is aptly called the Elegant Fold, or neat Notte nest of black glass and chrome tables.

Dwell's nest of three curved glass tables, in clear glass or in grey glass.



Marks & Spencer Tiga nest of coffee tables



Natuzzi's Bubble table with integrated vase, made from curved clear glass

:: SPLURGE

If you regard a coffee table as a centrepiece for your room, then it's worth investing in a good one. You might need strong coffee to calm your nerves over the prices, but these babies are seriously stylish.

Top Choice: Neville Johnson's Brezza coffee table, is sleek in dark wood which is functional yet attractive, and makes storage a feature.

The Rest: Natuzzi's Gio table, made from walnut wood (or ashwood) in a toffee shade and covered in black leather is the ultimate in luxury.

:: CLEVER COFFEE TABLES

Some coffee tables simply 'do what they say on the tin' but others are a lot smarter. They're either cleverly designed which means they can 'grow' to offer more surface area, or have nifty storage for those easy-to-lose essentials like TV remote controls, magazines, and random living room clutter.

Top Choice: Laura Ashley's adjustable Milton table, has a top which can be raised to table height - ideal for couch potatoes who love to snack - and plenty of storage space inside its chest shape base. It's in natural oak with antiqued pewter handles.

The Rest: Marks & Spencer's handsome bench style Tiga coffee table in sheesham wood, has another matching bench which sits underneath it and can be slid out for more surface area.

Dwell's glass Multi-Level Transforming table, has two rotating glass panels which can extend out to add to its central table top. There's also a bottom glass shelf.

:: CLASSIC COFFEE TABLES

Tables which have such an impressive blend of design and style that they're instantly at home in any room.

Top Choice: Marks & Spencer's Halkham table, has a chic country style that's a top look for this year. Its base, which incorporates two drawers and a shelf below, is in white painted wood and its top is in an oak veneer.

The Rest: New Heights large two-drawer storage Bloc coffee table, boasts quality and design and with its light wood finish would suit any style interior.

Laura Ashley's Garrat table is a dark chestnut winner for those who want to make a coffee table statement. It has nine drawers and a lift-up lid. It's also available in a honey finish.

The Holding Company's simple but stylish Rattan Chest, is ideal for a relaxed, informal setting or a conservatory room.

Content by Conran's Boomerang table is ideal for those who like circular tables. It's oak and glass topped.

:: ECO COFFEE TABLES

The eco-conscious will want their coffee table to be planet friendly and 'green'.

Top Choice: The Cotswold Company's Chunky-leg Coffee Table is part of its new totally carbon neutral English Oak Furniture range. It's created using only UK-grown oak from sensitively managed forests.

The Rest: The One Eco Home furniture range features ethical products made with sustainable products, and its Brazilian FSC Elliptical coffee table, with glass top.

Designer, Aaron Moore has created a range of furniture including a side table, made from recycled bottles with sustainable wood. From Wow Wow.



Milton Adjustable coffee table from Laura Ashley

:: CONTEMPORARY COFFEE TABLES

Like successful celebrity models these tables should ideally be sleek and slim and draw attention because of their jaw-dropping good looks. Accessorise with glossy 'coffee table books' rather than yesterday's coffee cups.

Top Choices: Furniture Village's Saigon coffee table, has a dark wood body and glass top, as well as two handy drawers.

Dwell's trademark offering is design standard pieces at high street prices and it doesn't disappoint with its low, four-block storage coffee table, in chocolate, or white, which has a genius central storage area so you can sweep away your mess when unexpected guests arrive at the door.

Habitat's Kilo coffee/occasional tables come in yummy shades including orange, yellow and plum.



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Diarmuid predicts new trends



Britain's innovative garden designer Diarmuid Gavin has seen many trends come and go during his career, from sky blue fences and glass gravel to way-out concrete creations and under-lawn lighting.

But he predicts that this year there is going to be a return to sensible gardens which are relatively easy to maintain.

Gavin, who is exhibiting at Chelsea this year with an Art Deco hotel garden, says: "I think we are going to see a return to sensible suburban gardens. We've had 10 years of mania, a marathon run towards the future, egos galore, we've had everything but the kitchen sink thrown into designs. I think some very good contemporary designers have emerged from that."

"But the gardener is now able to separate the wheat from the chaff. People know what they want. There's a new trend towards vegetable gardening."

Gavin, who recently collaborated with Sir Terence Conran to

produce a coffee table garden design tome called *Outdoors*, says that a return to the designs of the 1950s could be on the cards.

"It was unthinkable 10 years ago that more vegetable seeds would be sold than flower seeds and now it's a reality, and I know that because of the huge amount of people who ask us for that in the gardens that we do."

"People want good, simple design, something that they were getting right in the 1950s in California where they could really appreciate Hollywood outdoor living at its best, good sensible paving, good sensible decking and good sensible furniture and a choice of planting styles."

"People want gardens that are relevant to all members of the

family. They are asking the kids what they want, understanding where the sun is, when the adults are going to be in the garden and how they are going to use it."

There's a fad towards garden furniture you can leave outside over the winter.

"If you are able to leave it out, it sends a subliminal message of rest. Furniture suggests the way you use a certain space. There's nothing sadder than a bare patio."

"Wood is still in, though. It's like when decking came around, but it has become another choice among so many new materials. Where valid, it's fantastic. Terence (Conran) loves using wood in the garden because it gets better with age."

"People will go towards using steel which is left to rust a little bit. It has a beautiful texture and no maintenance. Only the skin of it will rust and it will turn a deep red ochre. It works as a natural colour."

Fussy gardens are out along

with formal schemes of garish bedding plants, says Gavin.

Anyone thinking of redesigning their garden in the New Year should consider exactly what they want from their plot and what's achievable.

"You have to be realistic in a small space. Think about the aspect, where the sun comes round, if your soil needs improving. The best investment you can make is digging well rotted manure into the garden."

"Consider what you want from the garden. What is it that you love and what do you need there to make it work? Make a list of practical things like a swimming pool, the washing line, the garden shed, the kennel, the kids' playarea and all the things that make a pathway to them."

He is convinced that gardeners will become more eco-friendly as awareness increases in the younger generation.

"The kids will soon let you know that you can't do this or

that. It's important that we make as many sustainable choices as possible. There has to be a place in every garden for at least a compost bin."

Outdoors, by Diarmuid Gavin and Terence Conran, is published by Conran Octopus, price £40/€55.

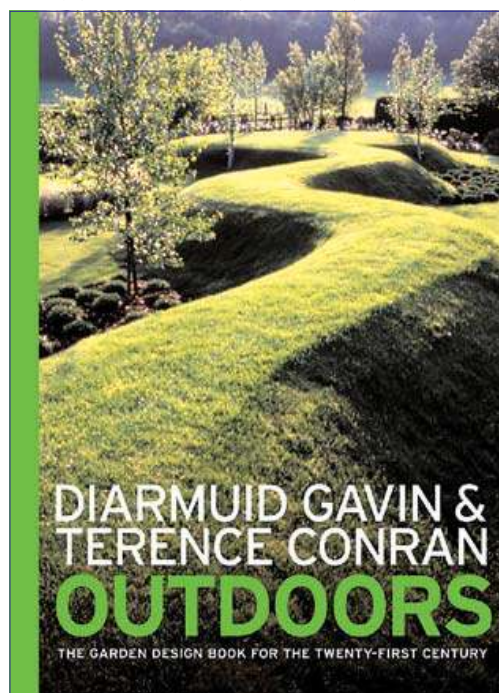
Hannah Stephenson

What's in store

Continuing with permanent shrubs that give a colourful splash to our borders at this time of year, we must not neglect the beautiful berried plants, which can be seen in the garden centres now. Next week - *Cotoneasters*.

Pyracantha descriptively known as Firethorn, is for many a 'must have' as the berries last for many weeks of the winter months and the clusters of small white flowers dotted amongst the bright green leaves can cover them for a long period during the early summer. Colours vary and you will see ones that produce red, orange or yellow berries. These fruits often enjoyed by the birds later in the season. They need to be grown in a fairly rich, well drained soil mixture in either sun or shade. In the border they can be grown as a specimen shrub, but they do have the advantage of being ideal as a hedging plant that can be pruned to the desired height and width and make an excellent plant to be trained against a wall with the longer branches tied back to form a framework before clipping the growing foliage back to produce a dense green cover. After flowering they do benefit from being pruned back as far as the berries that are beginning to form. They are all frost hardy down to -5°C with many standing even lower temperatures.

Madge and John Measures



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Tongue and groove preparation

Tongue-and-groove panelling isn't everyone's idea of a design statement but, once painted, it's pleasing on the eye and a good way to cover up less-than-perfect plaster without going to the trouble and expense of replastering or getting a plasterer in.

Tongue-and-groove panelling isn't everyone's idea of a design statement but, once painted, it's pleasing on the eye and a good way to cover up less-than-perfect plaster without going to the trouble and expense of replastering or getting a plasterer in.

There are various types of tongue and groove and once you've chosen yours, be sure to leave the boards (and the timber you'll need for battens, see below) in the room in which you plan to use them for a minimum of two weeks beforehand.

Ensure that all the wood's unwrapped before it's left to acclimatise, and when you come to do the job, first clear the room as much as possible.

Tongue-and-groove panelling is usually best confined to just one wall, or all the walls but only up to dado-rail height, otherwise the room can resemble a sauna.

You may want to remove features like the skirting boards and dado rails, or you may find it easier to work around them. If you think you need to remove or adjust any electrical fittings or pipework, play safe and get in qualified electricians and plumbers.

If the plaster to which you're attaching the tongue and groove is unstable, you need to hack it back to the block or brickwork (unless it's a stud wall), or at least remove the crumbling sections and then patch plaster to provide a level, even surface to work on. You should also level out any uneven parts of the block or brickwork, if you've gone back that far, and then clean it with a wire brush.

Before you cut and fix the tongue and groove, rub down the chamfers and external surfaces with fine sandpaper, then dust off or vacuum and finally wipe clean with a cloth dampened with white spirit, as water brings up the wood grain.

Once dry, apply a couple of coats of wood primer or varnish, depending on the finish you've chosen (again, sand very lightly between coats and wipe over).

What you must avoid doing, however, is coating the back of the tongue or the inside of the groove. The final coats of paint or varnish should be applied once the boards have been fixed in place. Bear in mind that paint provides a more contemporary finish.

You can fix tongue and groove

in various configurations - diagonally, horizontally, vertically, zigzag - and you may want to experiment with these patterns on the floor first to see which you prefer before fixing them in place.

Rather than fixing them directly to the wall, though, you attach them to a series of battens fixed to the wall, around 40cm apart. The battens should be at 90 degrees to the tongue-and-groove boards.

Use 22mm x 50mm treated timber battens for plastered walls (with fixings 20mm longer than the thickness of the plaster and battens combined) and 38mm x 50mm treated timber battens for block and brickwork (with fixings a minimum of 60mm long). You may need to pack out some of the battens with plywood or hardboard to level them out.

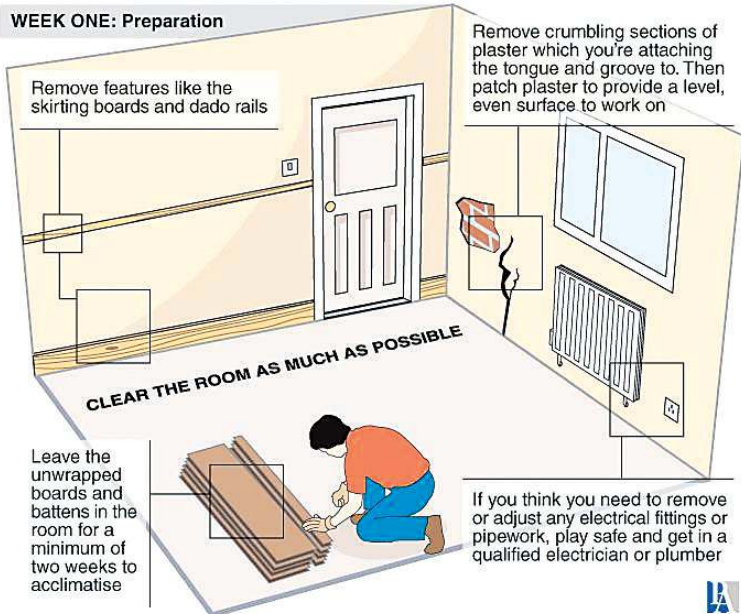
If you plan to hang something heavy from the tongue and groove, such as a bathroom basin, use wider battens for this and fix them to the wall at the points where you want to hang the basin, which should ensure you don't store up problems for later.

Julia Gray

Prepare for panelling

Tongue-and-groove panelling isn't everyone's idea of a design statement but, once painted, it's pleasing on the eye and a good way to cover up less-than-perfect walls

WEEK ONE: Preparation



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This should prevent the mould reoccurring, allowing you to decorate as normal. If this doesn't work, consult a damp specialist, who should be able to help you identify the cause of and solution to the problem.

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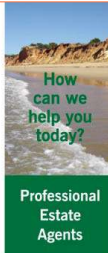
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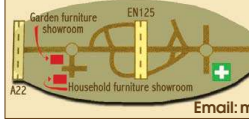
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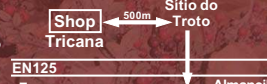


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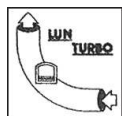
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Preparing plaster

Unless we're just talking about patch plastering, only very experienced and competent DIYers should attempt plastering.

Unless we're just talking about patch plastering, only very experienced and competent DIYers should attempt plastering. However, any DIYer can decorate new plaster.

You first need to give the new plaster plenty of time to dry out, ie usually a couple of weeks, depending on how warm the room is. Much of the plaster will go from a red-pink colour to pale pink as it dries, but not all, so don't be concerned if this doesn't happen.

Once it's dry, you need to seal the plaster, whether you plan to paint it or wallpaper it. The reason for this is that the salts in the plaster can leach through and stain your new wallpaper or paintwork.

Also, new plaster is very absorbent and if you don't seal it before applying emulsion or wallpaper adhesive, you'll end up using far more than you need have done.

You can use watered-down emulsion to seal it (dilute the paint 20 per cent by volume with water). Alternatively, there are specialist sealing products on the market, which are much more expensive but preferable.

As ever, preparation is all-important, so wipe the plaster down with a damp cloth, which you'll need to keep rinsing out because new plaster is extremely dusty, and leave it to dry.

Next, stir the sealer really well (reaching right down to the bottom of the tin) and apply two coats using a synthetic brush or emulsion roller, ensuring the first coat is dry first.

Obviously, the warmer the room, the quicker it will dry (don't use in damp conditions). When both coats are dry, you're ready to paint or wallpaper on top.

You may discover 'new' plaster when stripping ceiling paper or wallpaper, ie plaster that was new when first papered over. This presents its own problems - or rather stripping it does.

Wallpaper stripping is much easier if you use a sharp scraper, preferably a long-handled metal one with replaceable blades, but sharp scrapers can cause a lot of damage to soft, as-new plaster. There's no easy answer, except to remove the wallpaper as carefully as you can and not lunge the blade into the plaster when stripping.

Sometimes there's a layer or two of paint beneath the wallpaper, which is even harder to remove as it flakes easily. If you're damaging the soft plaster trying to remove it, use plenty of steam (assuming you're using an electric wallpaper steamer) and try flicking off the paint with the top of the blade. A scraper with a non-replaceable blade will come in handy, as these aren't as sharp.

You may be cursing the person who covered this lovely new plaster with wallpaper, but now you have to make good any damage you've done.

Take a multi-purpose filler and apply it (using a filling knife) to the grooves and gouges created by the scraper. Press down firmly and smooth the filler across to ensure the gouge is properly filled (a tiny bit of water should make the filler more malleable) but not overfilled, as this will create work later.

For deep repairs, it's often necessary to let the filler dry and then apply another layer or two, or use special deep-repair filler. As the filler starts to dry, scrape off any excess so you have less to sand down later.

Some damage to soft plaster can simply be sanded away (for ease, use an electric sander) without the need for filler. When sanding filler, the job's not done till it's flush with the wall or ceiling - lumps and bumps look particularly bad in new or as-new plaster.

And that's the problem with this type of plaster - it's very unforgiving and only stays looking good if treated with care.

Julia Gray

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Slimming recipes that don't scrimp on taste

There's one likely result of a New Year resolution to diet - it will be abandoned by Easter. Cold weather, boredom and hunger pangs demolish that resolve, but some of Slimming World's seasonal, tasty dishes could keep you on track.

Cutting the carbs, counting the calories and staving off the hunger pangs is pretty boring, especially when the cold sends your appetite into overdrive. But there's no need to resign yourself to failure and wearing those larger

size clothes forever, according to slimmers' champion, Margaret Miles-Bramwell.

She founded Slimming World 30 years ago and says: "My burning passion, then as it is now, was to show that losing weight

doesn't have to be about denying yourself pleasures, making sacrifices and carrying burdens. The very opposite, in fact!"

Margaret believes her 'Food Optimising' system makes it possible to enjoy generous portions

of tasty, everyday meals, with a balance of 'Free Foods', which tend to be basic, unprocessed foods such as fruit and vegetables, pasta, meat and fish - and 'Syns' (which means synergy not sin!), such as desserts and treats like chocolate or booze.

"I've turned conventional 'dieting' wisdom on its head. Instead of asking slimmers to eat less, Food Optimising encourages

them to eat more, and instead of restrictive diet sheets, there are hundreds of choices and thousands of exciting meals to make using favourite foods," she says.

Those yearning to shed the pounds this year can choose from a host of tempting recipes in the new, Slimming World Four Seasons Cookbook, which shows how to use seasonally-available produce for nutritious low-fat meals.

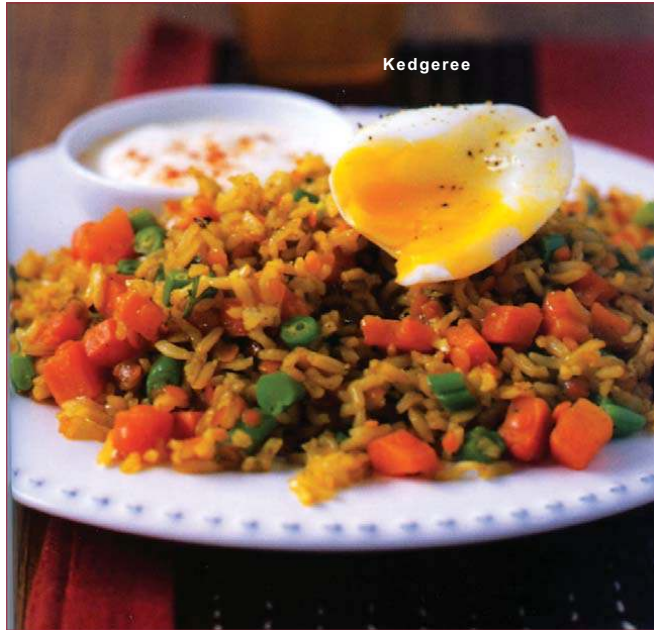
Dishes like Kedgeree, Smoked Salmon Souffle, Steak and Kidney Pies, Fantail Potato Roasties and Coffee, Chocolate and Cognac Mousse could be delicious enough to enjoy with the family or to serve at dinner parties but needn't weigh you down.

:: Slimming World Four Seasons Cookbook is published by Ebury Press, priced £15.99/€21.40. But readers can buy it for the special price of £13.99/€18.73 including free UK p&p. To order, call 00 44 (0)1206 255 800 and quote: 'Four Seasons'.

:: For more details of Slimming World go online to: www.slimmingworld.com

Gabrielle Fagan

Next week: This delicious recipe for Kedgeree, taken from Slimming World Four Seasons Cookbook, plus more Goodfood News.



Kedgeree

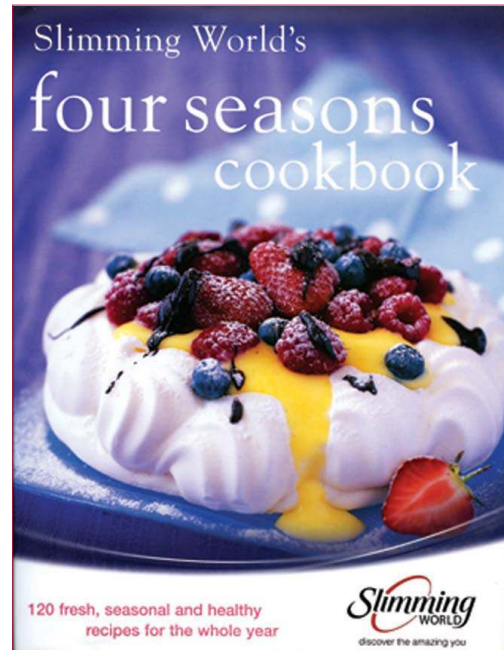
Cattleman Pool & Garden Restaurant is easily found, located on one of the main roads in Carvoeiro. Offering basic "real food for real people" it specialises in steaks, but also has an international choice. Both the food and wine menus are, stylish, with prices to match. The 'Cattlemen's Mixed Platter', a mixed steak variation served with an assortment of side orders, sounds fantastic. There is a limited children's menu.

Vila Palmeira at Meia Praia, Lagos is situated just before you reach the Palmares Golf course. This luxury estate needed its own restaurant and last July owners Karin and Vincent opened this select little jewel overlooking the sea. Enjoy lunch in the down-stairs Bistro with a delicious selection of soups and sandwiches, salads or a light meal, or dine upstairs in the evening from the wide selection of starters and main courses. Try Pumpkin Cream to start followed by Chateaubriand with truffle

juice for two, or Cataplana with monk-fish, mussels and potatoes. There are a selection of delicious desserts and cheeses, the house wine is very good and the wine list is superb.

No Patio "The best kept secret in Lagos - once found never forgotten." Tucked away in the old part of town close to the Cultural Centre, No Patio has a simple, but elegant interior, with a secluded terrace and working garden, full of fresh herbs and fruit trees. With high walls on all sides, alfresco dining

is the norm, even when there is a breeze. The palm trees also provide shade and privacy. British owner Martyn Allen has created a food-lovers dream. A selective menu guarantees freshness of products, such as Seared Scallops and Prawns with bacon, and Rosemary and Lemon Butter; Honey Roasted Breast of Duck with a Citrus and Almond Glaze; and the No Patio Lemon Cheesecake, using lemons from their own garden. Not surprisingly, reservations are advised.



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discover the amazing you

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Restaurante Jardim & Piscina

Steaks & More
Real Food For Real People

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18.00hrs until late
Thursdays to Sunday

Rua do Farol 67 - Carvoeiro
Bookings: 282 354 088

Restaurant guide

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Sundays 18.00 - 21.00

Next to the Post Office, Almancil

Tel: 963 731 736

Bistro des Z'Artes

International Menu

Open: 12.00- 15.00 & from 7pm. Closed Mondays

Rua Calvario, 69, Almancil

Tel: 289 395 114 / 967 785 601

Don Toro Angus

Steakhouse

Steaks, gourmet burgers, fish grills & vegetarian

Open: Daily 18.00-23.00

Sítio das Escanxinas

504A, Almancil

Tel: 289 355 005

ALVOR

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484

LAGOA/SILVES

Cattleman

International & Steak Menu

Open: 18:00 - till late

Thursday - Sunday only

Rua do Farol, 67, Carvoeiro

Tel: 282 354 088

Chill Inside

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creams, crepes & waffles

Open: Lunchtimes

Urb. Lagoa Sol, Rua

Município São Domingos,

Lt. 7 r/c Esq., Loja B, Lagoa

Tel: 282 080 701/ 965 027

002

LAGOS/LUZ

Vila Palmeira

Gourmet restaurant

Open: Restaurant - 19.00 to 24.00

Bistro & Bar - 11.00 to 24.00

(Both closed Mondays)

Meia Praia, Lagos

Tel: 282 770 902

Tel: 282 762 091

Don Toro Angus

Steakhouse

Steaks, gourmet burgers, fish grills & vegetarian

Open: Daily 12.00-15.00 & 18.00-23.00

Rua Lançarote de Freitas,

12, Lagos. (Opposite the Cultural Centre)

Tel: 282 767 234

Meu Limão Tapas & Wine

Bar

Portuguese & International Tapas + full menu

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Rua Silva Lopes, 40/42

(In front of the Golden Chapel), Lagos.

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No Patio

International Restaurant

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email: nopatio@aol.com

Watch out - the TICKS are back!!

Well the weather is warming up and already my cats have come in with a couple of ticks on them. So it is back to the monthly treatment for them. Although the dogs have not had any ticks yet, but they have their Scalibor collars on and have daily garlic and fenugreek tablets so are slightly better protected. Ticks belong to the spider family which is probably why I do not like them!

There are over 800 species of ticks worldwide. Ticks can live for several years and each stage of their life cycle requires a blood meal in order to reach the next stage. They lay their eggs in secluded, grassland areas, laying anywhere between 100 - 6000 eggs, depending on the species, these take 2 weeks to hatch. Once hatched, the larvae move up the grass in search of their first blood meal, after which they drop to the ground and moult into the nymph stage. They can remain dormant for a year before finding their next host. Once fed, the engorged nymph drops to the ground and moults, becoming an adult. Another year may pass before the next host is found. Once the adult female finds a new host, she can increase her size by over 100 times. During her 8 to 12 days feeding, she will mate and then drop off to lay her eggs beginning the cycle again.

Pets, and also humans, are exposed to ticks in all country and grassland areas. They are second only to mosquitoes in carrying infectious diseases but can also cause local irritations and allergies - and they do actually hurt when they bite!

Protection for your pet can be given in a variety of ways - see your veterinarian or pet supply store for more detailed information. The most commonly used combination is a Scalibor collar

for dogs along with Frontline spot-on. The Scalibor collar gives protection from ticks for 5-6 months, it doesn't stop the tick attaching but will kill the tick within the first 24 hours (reducing the risk of disease transmission). Scalibor also protects your dog against fleas and sandflies (which are responsible for spreading Leishmaniasis). Frontline is a monthly spot-on application for dogs and cats, and is also recommended for the control of fleas. Other combinations of protection are: Advocate combined with the Scalibor collar: Advantix for 3 months and then Frontline Combo for 3 months combined with Stronghold. The choice of combinations gives you the option to choose which works best for your pet.

In this day and age we all ask questions about what we put in our own bodies, and increasingly what we put in the bodies of our pets. We want to give our pets the best protection possible but want to get away from the large amounts of artificial chemicals that we use on them. But what alternatives are there?

There are natural products available that offer protection from fleas, ticks, mites and mosquitoes. One is a product called Dyna-mite. This is available as a shampoo or an insect repellent. Dyna-mite shampoo contains Citronella Oil, Lavender, Citrus Extract and Tea Tree Oil and for the best results it is recommended that you shampoo weekly during the peak months. The repellent contains Citronella, Lavender, Tea Tree Oil, Lemongrass, Penny Royal and Cedarwood. This is good value for money because it can be diluted 10ml to 1 litre, and for heavy infestations will need to be applied twice a week but an application can last up to 4 weeks. Pennyroyal Dog and Cat

Kodi needs a new home

Can anyone help Kodi, who needs a new home. He was born in August 2004 and weighs 28kg. He is very good with children and babies and has a wonderful kind and gentle disposition. He is intelligent, obedient and a very good watch dog. His vaccinations and deworming are up to date. He is castrated.

If anyone can offer Kodi a loving home with plenty of land for running in—he is full of energy. Please contact the following telephone number 964 66 11 65.



Protect your pet with knowledge
www.paws4pets.net
Copyright © Jan Cobley
Paws 4 Pets 916 273 376

Shampoo is a high quality shampoo from Dorwest Herbs. Pennyroyal is a plant that has a volatile oil in its leaves this gives off a strong minty aroma, and has been used to ward off mites and fleas since Roman times. Also available are **Garlic tablets** and **Garlic & Fenugreek tablets** from Dorwest Herbs. These products not only have the benefit of keeping away fleas, ticks and mosquitoes—parasites don't like the strong smell/taste—but garlic is a symptomatic treatment for coughs and bronchial conditions, and has many beneficial effects for the general health of your pet.

The **Garlic & Fenugreek** also offer relief from rheumatism, arthritis, skin conditions and minor infections. **Garlic Juice** (Dorwest Herbs) is another good product to have at hand. You can spray it on a comb and comb it

through your pet's coat for flea protection. It also has natural antiseptic properties, so it is ideal for cleaning paws and ears, and for soothing scratches and skin abrasions.

Natural protection and Scalibor and Frontline are available from pet outlets, but other options may only be available from the vet.

Limiting your pet's exposure can be difficult, they enjoy and need their walks, but regular daily checking of your pet is recommended. If you find a tick, what do you do? Care has to be taken in removing ticks as there is a high risk that the mouth of the tick will be left in your pet, with the associated risk of infection.

Pulling with normal tweezers is not recommended as blood can be pushed from the tick back into the pet as well as the risk of the mouth being left.

A word of warning?

It has come to our attention that some dogs have been poisoned in the hills near Messines. These appear to be accidental poisonings, with poisoned bait being left out by the hunters. The hunting season is drawing to an end, but please take care when walking your dogs.

Keep dogs on a lead or fit them with a muzzle if you let them off. I know that it does not sound fair to muzzle your dog but it is better than them eating poisoned bait.

My Jess has survived 4 poisoning events, this has been after her escaping from the garden! We think that these were organophosphate poisonings via fertilisers being used in the orange groves, which had puddle

under trees and which Jess decided to drink.

Signs of poisoning are foaming at the mouth, twitching muscles, trembling, vomiting and possibly diarrhoea. If they show these types of symptoms then get them to the vet straight away (with example of what poisoned them if possible, without endangering yourselves!) The vets will give them drugs to combat the poisoning and put them on a drip.

Jess has proved that it is possible to survive the poisonings although I did tell her last time that I did not want it to happen again! They can be left with damage to the liver and kidneys, and we will have to monitor Jess over the years to make sure that no long term damage was caused!



Protect your pet with knowledge
www.paws4pets.net
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Paws 4 Pets

Wafcol Salmon & Potato—A Story And Offer

Those people who know me know that I will do anything reasonably possible for an animal in trouble. Most of the time this works out sometimes it doesn't. One such story.

We used to stock the Wafcol Dog Food along side our Burns, it is a good quality food, natural and well produced with all the good ingredients that we expect.

However, a change in policy by the manufacturer meant they would not supply us with the small quantities that we, as a small business—needed to order. So, we had to make the hard decision not to stock Wafcol anymore.

I had one dog with medical issues who had been on it for a year and I did not want to leave this dog without his chosen food. It took me a while but I did find someone happy to just send my small order, so we set up an account and the food was sent down. Unfortunately, the time it took to set all this up was too long and my client found other food which has agreed with her dog.

Result I now have her 6 months supply of Wafcol Salmon and Potato in my shop. It is top quality food and for a fish loving dog a real treat. Unfortunately my 4 do not like fish.

We have decided that on presentation of this article we will sell all the Wafcol Salmon & Potato at a reduced price of €52.50 for a 15Kgs sack, which represents a saving of 20%. Please rest assured that should your dog become addicted to it we can now get it sent down whenever we need it.

Happy eating to all fish eating dogs.
Protect your pet with knowledge
www.paws4pets.net
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Wild bird seeds, peanuts, fat balls, feeders and bird tables available

Now is the time to start with **Frontline** and **Scalibor** to keep fleas and ticks at bay

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Rabbit Food	Rabbit Food	5,00 €	4,00 €

Visit our shop in Silves or Call us, email us or visit www.paws4pets.net

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Pet supplies store in Silves Jan: 916 273 376
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We are opposite the Roman Bridge in Silves, next to Suzies Bar

www.the-news.net



This Collie cross hasn't seen much kindness and is rather timid, but she has a lovely nature and would blossom in the right hands. 10 months old, spayed, heartworm free and will be vaccinated. Tel: 282332621

If you want to advertise on this page...

PLEASE CALL:

Bella Talhadas on 707 500 655 or e-mail to sales@the-news.net

Events on these pages are published in good faith and in accordance with information given to us.

BOX OFFICE

LIVE CONCERTS

FEBRUARY

The Cummys – February 1st at the Associação de Músicos in Faro. Further info TBA. February 2nd at Espaço in Lisbon from 4pm. Tickets: €4. February 5th at Oporto Casa Viva. Further info TBA.

Australian Pink Floyd – February 3th at Aula Magna in Lisbon from 10pm. Tickets: €25 - €35.

David Fonseca – February 8th at Sintra Olga Cadaval Cultural Centre from 10pm. Tickets: €15 - €20.

30 Seconds to Mars – February 15th at Lisbon Coliseum from 8.30pm. Tickets: €25 - €30.

Korn – February 27th from 8pm at Pavilhão Atlântico. Tickets: €28 - €35.

The Ravionettes – February 20th, at Santiago de Alqueimista from 8.30pm. Tickets: €15.

MARCH

Within Temptation – March 7th at Lisbon Coliseum. Further info TBA.

The Cure – March 8th from 8pm at Pavilhão Atlântico. Tickets: €28 - €40.

Tokio Hotel – March 16th at Lisbon Pavilhão Atlântico from 9.30pm. Tickets: €28 - €40.

Alicia Keys – March 19th at Pavilhão Atlântico from 8.30pm. Tickets: €28 - €40.

Pedro Abrunhosa & Bandemónio – March 28th at Setúbal Fórum Luísa Todí. Tickets: €15 - €20.

APRIL

Editors – April 2nd at Campo Pequeno in Lisbon. Tickets: €22 - €30. April 3rd at Oporto Coliseum. Tickets: €25 - €28.

The Hives – April 9th at Lisbon Coliseum. Tickets: €25 - €28.

Nightwish – April 18th in Oporto Coliseum from 9pm. Tickets: €22 - €25. April 19th at Lisbon Coliseum from 9pm. Tickets: €22.

Backstreet Boys – April 25th at Lisbon Pavilhão Atlântico. Further info TBA.

JUNE

Jack Johnson – June 26th at Lisbon Pavilhão do Atlântico from 8pm. Tickets: €28 - €40.

MUSIC FESTIVALS

MAY

Rock in Rio Lisboa – May 30th – June 8th at Parque da Bela Vista in Lisbon. Tickets: €53 daily tickets. Confirmed acts: May 30: Lenny Kravitz; Alejandro Sanz. May 31: Bon Jovi; Ivete Sangalo. June 5: Metallica; Machine Head.

JULY

Super Bock Super Rock – July 9th at Parque Tejo in Lisbon from 5pm. Tickets: €40. Confirmed acts: Iron Maiden.

Festival Oeiras Alive – July 10th – 12th at Passeio Marítimo de Alge. Tickets: €45 - €80. Confirmed acts: July 12: Ben Harper.

Paredes de Coura – July 31st – August 3rd at Praia Fluvial do Tabuão. Further info and acts TBA.

AUGUST

Sudoeste – August 7th – 10th at Herdade da Casa Branca. Further info and acts TBA.

TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola. Ticketline or at the event itself on the night.

Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline)

BOOK REVIEW

The Wine and Food Lover's Guide to Portugal by Charles Metcalfe & Kathryn McWhirter

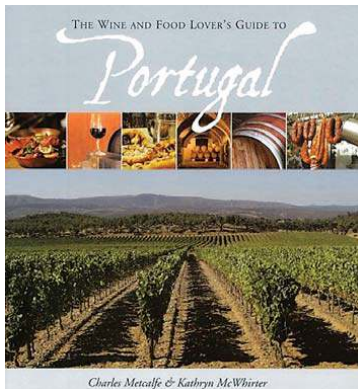
'The Wine & Food Lover's Guide to Portugal' is a 446-page hardback book for people who like to eat and drink well, stay in welcoming and interesting places, and want to explore Portugal - and not just the beaches. Discover the delights of the best Portuguese wines. Find out about the best restaurants, fabulously fresh fish and seafood, scrumptious suckling pig, fine, creative, modern cuisine based on excellent, fresh local produce, or the famous *doces conventuais*, confections of eggs, sugar, almonds and other flavours. Want to visit interesting castles, climb soaring mountains, walk along unspoiled

ivers, or wonder at magnificent cathedrals and museums? It's all in the book. As are a selection of the most friendly and interesting places to stay, to suit all pockets, with contact details and prices. Each regional chapter has a general introduction, introductions to wine and to food, lists of wineries to visit (with tasting notes on recommended wines), selected restaurants and hotels, and things to do and see 'between meals'. All with addresses, contact details, prices and opening times, helpful maps and about 1,600 colour photos. And all independently chosen for quality, fun and enjoyment - no one paid to be included.

Charles Metcalfe and Kathryn McWhirter wrote their first book on Portuguese wines over 20 years ago, and are still at it. Charles is one of the most spontaneous and amusing wine critics in Britain, and a well-known face on British television, having been part of the ITV This Morning team for 12 years.

He was a co-founder of WINE International magazine, and is co-chairman of the International WINE Challenge, the world's biggest wine competition. Before turning to wine, he was a professional singer. Kathryn was drinks correspondent for the Independent on Sunday for nine years, sometimes also writing about food. She wrote and edited the Which? Wine Guide and Good Wine Bar Guide for the Consumers' Association, as well as wine list reviews for the Good Food Guide. Together Charles and Kathryn have written wine and wine-with-food books for Sainsbury's, Tesco and Marks & Spencer, as well as other publishers.

Available from Magna Carta Bookshop at €29,40.



Magna Carta

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Quinta da Praia, Lote 4 - Loja 10, 8500 Alvor
www.magnacartabookshop.com

Os Algarvios The Algarveans

TREASURE ISLAND

Pantomime 2008

Tickets
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Thursday & Sunday - Adult €10 Child - €5

Bookings
282 330 242
282 789 608
289 561 594

Auditório de Lagoa
31st January to 3rd February
Thursday to Saturday 8.00 p.m.
Sunday 3.00 p.m.

EXHIBITIONS

Graça Morais - Oporto

Oil on canvas work of art by local talent Graça Morais. Don't miss her latest collection of drawings and paintings at the Galeria 111, located on Rua D Manuel II in Oporto. Open from Monday - Saturday from 10am to 12.30pm and 3pm to 7.30pm. Call 226 093 279 for more information.



COURSES

Become an artist

Classes are starting at the gallery next week in felt making with and extraordinary craftswoman, Anna Knoop. She is teaching a beginners class which started last Thursday. There will also be advanced classes in felt making. All materials will be provided in the beginner class and there will be refreshments served as well. Classes for beginners are €25 including snacks. The advanced class will be all day from 10am to 5pm for €50. Call for next date.

Petra Kartak will give classes from the beginning of February in mosaics. Petra will provide the simple materials but if people want to work on larger projects then they can purchase

the materials from Petra at a low cost. Call 289 478 027 to book your place. The basics of mosaics will be taught and everyone will be able to bring home what they have made in the class.

There will also be Arty Craft classes with Carol Watts, who is teaching people to make art who never thought they could do anything like it before. People should call the gallery to find out more about this exciting event, ongoing in a 12 week course for only €20 euros for the three-hour sessions, including teas and coffee and snacks. She is limiting the class to three people so

they get as much individual attention as possible.



Galeria 'Off The Wall' in Alte. Call 289 478 027 for more information on classes.

NETWORK The Association of Working & Business Women
A Rede Associação Profissional Feminina em Portugal

Short Story Competition

The Network Short Story Competition is here - it's open to anyone living in Portugal, so please take the opportunity to get the creative juices flowing and support this first time venture.

Stories can be on any theme, with a maximum of 2,000 words. Entries cost five euros and will be judged by Jenny Grainer, writer, journalist and tutor in Creative Writing in the Algarve, and Lisa Selvidge, who tutors in Creative Writing in the Algarve and online with the University of East Anglia. Entries will need to be in the

English language for this first year, and must be received by March 31st.

The winning story will receive 100 euros worth of book vouchers, sponsored by Network, the Magna Carta Bookshop in Alvor and the Griffin Bookshop in Almancil. The event is also supported by The Portugal News, who will publish the winning entry. Winners will

be announced on 23rd April 2008, International Book Day.

For more details and application form, please e-mail netpres@networkalgarve.org, ring Janice Russell on 915584668 ask at the Griffin or Magna Carta bookshop, or download the form from www.networkalgarve.org.

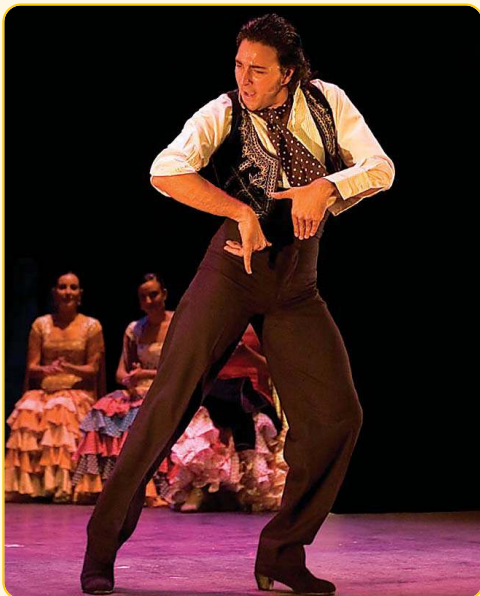
COMPETITION ♦ COMPETITION ♦ COMPETITION ♦ COMPETITION

**We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing.
Send us your events to copy@the-news.net by Tuesday before publication.**

DANCE

De Tablao by the Antonio El Pipa Company - Lisbon

Considered one of the best flamenco ballets around at the moment, Antonio El Pipa premieres the De Tablao programme at the Casino de Lisboa. De Tablao tells the simple but true story of rival flamenco dancers, his relationships and the great passions of his life on stage. This show is proof that all flamenco needs to exist is a good guitar, an expressive singer and an exceptional dancer, like António El Pipa. **January 31st until February 2nd at the Oceans auditorium at Lisbon Casino. Tickets: €30 - €35 available at usual places. Call 707 234 234 for reservations.**



SPORT

Kickboxing championship – Estoril

Estoril Casino is due to play host to the international kickboxing championship, featuring some of the world's best fighters will be fighting it out for the World Title, as well as special guest Remy Bonjasky. This event will be televised on Sport TV, as well as several other different stations around the world, and is expected to be seen by an audience of 240 million viewers in 104 million homes, in 19 different languages according to organizers. The fight will feature some of the best fights in eliminatory battles.

Programme includes:
Fight Card: Super fight for the title: Gago Drago (Holland) V Luís Reis (Portugal).
Final champions league:

Cedric Bacuna (Belgium) V Arnaldo Silva (Portugal); Mohamed Rahouin (Marroco) V Ricardo Fernandes (Portugal); Nikos Taramas (Greece) V Hugo Oliveira (Portugal); Homamed Kama (Holland) V João Diogo (Portugal). **Preliminary Combates:** Dan Tysjhaer V Gil Silva; Pedro Koll V Sergio Garrinhas; Rui Carvalho V Dulo Sanha.

There will also be an autograph session at the Du Art room of the Casino from midnight.

January 29th from 8pm. Entrance is free.



BOX OFFICE LIVE SHOWS

FEBRUARY

Tap Dogs – Tap Dogs are currently taking the world by storm with their unprecedented tap show that combines the strength and power of male workmen with the precision and talent of tap dancing. February 12th until 17th at Lisbon Casino Ocean Auditorium in Lisbon. Tickets: €30 to €35.

MARCH

The Aluminum Show – A combination of movement, dance and theatrical visual affects. A show with lots of special effects and creative dancing and acrobatic movements. Lisbon Casino, Oceans Auditorium from March 18th until March 23rd. Tickets: €30 - €35.

APRIL

Disney on Ice 'Adventures in Disneyland' – Disney on ice is set to return to Portugal this April, with another ice skating show including all your favourite Disney characters. The show will take place at Pavilhão Atlântico on April 2nd - 9th. Tickets: €16 - €36.

RAW WrestleMania Revenge – It's here! World Wrestling Entertainment® storms back to Portugal with RAW® WrestleMania® Revenge Tour at Pavilhão Atlântico in Lisbon on April 19th from 8pm. Tickets: €25 to €65.

TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.

Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 8409 (Pavilhão Atlântico); 707 234 324 (Ticketline)

SHOWS

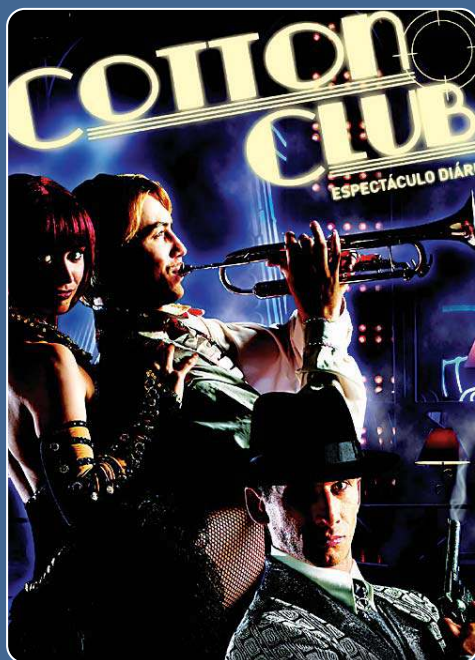
Cotton club

Jazz rhythm mingles with the thrilling atmosphere of Cotton Club, one of the many clubs of the New York 'basfond' of the wild twenties, the night reaches its peak with Diksy's solos, the charming saxophonist for whom all the club dancers sigh.

Cotton Club is another world, a world of music, lights and rhythm where life meets death at any moment and love meets hatred. It is in one

of these crossroads of destiny that Diksy sees his fate related to Vera's, a beautiful and charming young woman who is protégé of the "Dutchman", the mafia owner of the Cotton Club. As from that moment, as if keeping to the rhythm of jazz, the saxophonist's life is a confusion of risk and emotions.

It is a spectacular and fascinating show with drama and musical performance all about life and jazz.



Show until spring at Vilamoura casino, with daily shows from 10.30pm until 11.30pm. Tickets: €14,00 per person (one drink included). Dinner and show from 8.30pm. Tickets: €27 per person (with complete menu), with musical entertainment played by 'Night Joker Band'.

CONCERTS

Piano Concert

Two potential stars of the piano world will be performing at the Museum in São Brás on Saturday, 2nd February at 8.30pm. The two girls, one 12 and one 16, have already won many prizes between them and have a professionalism and musicality way beyond their years. Alena Khmelinskaia starting her prize-winning career in the year

2000, when she came first at the piano competition at São João da Madeira and has played at the prestigious Centro Cultural de Belém in Lisbon and as solo pianist with the Orchestra of the North in Braga. Twelve year old Júlia Pessanha Faleiro Teixeira de Azevedo comes from Tavira and won her first competition at the age of eight.

February 2nd at São Brás do Alportel museum, Entry is €7, Friends €5. For more information contact administrator@amigos-museu-sbras.org, or visit the website of the Friends of the Museum at www.amigos-museu-sbras.org.

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ALGARVE

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24 JAN-30 JAN

1
Saw IV
Tobin Bell, Liyriq Bent
13.05-17.30-19.45-22.00 (00.25 Fri & Sat)
Bee Movie
Animation PV
(10.50 Sat & Sun) 15.15

2
Aliens vs Predator: Requiem
Reiko Aylesworth, David Paetkau
22.00 (00.15 Fri & Sat)

The Golden Compass
Nicole Kidman, Daniel Craig
(11.20 Sat & Sun) 14.20-16.55-19.30

3
3:10 to Yuma
Russell Crowe, Christian Bale
13.50-16.30-19.10-21.50 (00.30 Fri & Sat)

4
Atonement
Keira Knightley, James McAvoy
13.10-15.50-18.30-21.10 (23.50 Fri & Sat)

5
Cloverfield
Mike Vogel, Jessica Lucas
(12.10 Sat & Sun) 14.15-17.10-19.20-21.30 (00.00 Fri & Sat)

6
Call Girl
Soraia Chaves, Joaquim de Almeida
15.20-21.00 (00.05 Fri & Sat)
National Treasure: Book of Secrets
Nicolas Cage, Justin Bartha
(12.35 Sat & Sun) 18.25

7
Rendition
Reese Witherspoon, Jake Gyllenhaal
13.20-16.00-18.40-21.20 (00.10 Fri & Sat)

8
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman
15.00-17.20-19.25-21.40 (00.20 Fri & Sat)

Alvin and the Chipmunks
Jason Lee, David Cross (PV)
(11.00 Sat & Sun)

9
Floripes
Catarina Barros, João Sancho
(11.30 Sat & Sun) 14.10-17.00-19.40

I Am Legend
Will Smith, Salli Richardson
22.20 (00.35 Fri & Sat)

CASTELLO LOPES CINEMAS
PORTIMÃO
TEL: 707 220 220
24 JAN-30 JAN

1
3:10 to Yuma
Russell Crowe, Christian Bale
13.35-16.00-18.30-21.30 (00.00 Fri & Sat)

2
I Am Legend
Will Smith, Salli Richardson
13.30-15.30-17.35-21.40 (23.50 Fri & Sat)

3
Bee Movie
Animation PV
13.30-15.25

Call Girl
Soraia Chaves, Joaquim de Almeida
17.30-21.10 (23.55 Fri & Sat)

4
Lions for Lambs
Robert Redford, Meryl Streep
14.00-16.10-18.40-21.20 (00.20 Fri & Sat)

5
Saw IV
Tobin Bell, Liyriq Bent
13.40-15.35-17.40-19.45-22.00 (00.10 Fri & Sat)

6
Cloverfield
Mike Vogel, Jessica Lucas
13.50-15.45-17.45-19.50-21.50 (00.05 Fri & Sat)

OV = Original Version
PV = Portuguese Version

CASTELLO LOPES CINEMAS
ALGARVESHOPPING
TEL: 707 220 220
24 JAN-30 JAN

1
I Am Legend
Will Smith, Salli Richardson
13.05-15.10-17.20-19.25-21.40-23.50

2
Cloverfield
Mike Vogel, Jessica Lucas
13.20-15.30-17.30-19.30-21.35-23.40

3
National Treasure: Book of Secrets
Nicolas Cage, Justin Bartha
13.20-16.05-18.40-21.20-00.00

4
Saw IV
Tobin Bell, Liyriq Bent
13.10-15.15-17.25-19.35-21.45-23.55

5
Bee Movie
Animation PV
13.00-15.00

Call Girl
Soraia Chaves, Joaquim de Almeida
18.25-21.15-00.10

6
Atonement
Keira Knightley, James McAvoy
13.15-16.00-18.45-21.30-00.15

7
Rendition
Reese Witherspoon, Jake Gyllenhaal
12.45-15.35-18.10-21.00-00.05

8
3:10 to Yuma
Russell Crowe, Christian Bale
14.00-16.35-19.10-21.50-00.20

9
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman
13.50-16.10-18.50-21.10-23.30

Call Girl
Soraia Chaves, Joaquim de Almeida
15.30-18.30-21.30

LUSOMUNDO
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24 JAN-30 JAN

Call Girl
Soraia Chaves, Joaquim de Almeida
15.30-18.30-21.30

CENTRE
LUSOMUNDO
ALMADA FORUM
TEL: 707 246362
24 JAN-30 JAN

3:10 to Yuma
Russell Crowe, Christian Bale
Cloverfield
Mike Vogel, Jessica Lucas

Feast of Love
Morgan Freeman, Greg Kinnear
Rendition
Reese Witherspoon, Jake Gyllenhaal

Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman
Saw IV
Tobin Bell, Liyriq Bent

Aliens vs Predator: Requiem
Reiko Aylesworth, David Paetkau
Atonement
Keira Knightley, James McAvoy

I Am Legend
Will Smith, Salli Richardson
Cassandra's Dream
Ewan McGregor, Colin Farrell

National Treasure: Book of Secrets
Nicolas Cage, Justin Bartha
Call Girl
Soraia Chaves, Joaquim de Almeida

The Assassination of Jesse James by the Coward Robert Ford
Brad Pitt, Casey Affleck
Bee Movie
Animation PV

Balls of Fury
Christopher Walken, Maggie Q.
The Assassination of Jesse James by the Coward Robert Ford
Brad Pitt, Casey Affleck

Beowulf
Animation 3D Digital

LUSOMUNDO
ALVALÁXIA
TEL: 21 754 9000
24 JAN-30 JAN

Cloverfield
Mike Vogel, Jessica Lucas

OV = Original Version
PV = Portuguese Version

3:10 to Yuma
Russell Crowe, Christian Bale
Feast of Love
Morgan Freeman, Greg Kinnear
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman

Cassandra's Dream
Ewan McGregor, Colin Farrell
Saw IV
Tobin Bell, Liyriq Bent

Atonement
Keira Knightley, James McAvoy
Balls of Fury
Christopher Walken, Maggie Q.

Call Girl
Soraia Chaves, Joaquim de Almeida
I Am Legend
Will Smith, Salli Richardson

Bee Movie
Animation PV
4 luni, 3 saptamani, si 2 zile
Anamaria Marinca, Laura Vesiliu

Cristóvão Colombo: O Enigma
Ricardo Trêpa, Leonor Baldaque
The Breed
Michelle Rodriguez, Oliver Hudson

LUSOMUNDO
AMOREIRAS
TEL: 707 246362
24 JAN-30 JAN

3:10 to Yuma
Russell Crowe, Christian Bale
Ensemble, c'est tout
Audrey Tautou, Guillaume Canet

Feast of Love
Morgan Freeman, Greg Kinnear
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman

Atonement
Keira Knightley, James McAvoy
Cassandra's Dream
Ewan McGregor, Colin Farrell

Bee Movie
Animation PV
Call Girl
Soraia Chaves, Joaquim de Almeida

4 luni, 3 saptamani, si 2 zile
Anamaria Marinca, Laura Vesiliu

LUSOMUNDO
CASCAISHOPPING
TEL: 707 246362
24 JAN-30 JAN

3:10 to Yuma
Russell Crowe, Christian Bale
Cloverfield
Mike Vogel, Jessica Lucas

Feast of Love
Morgan Freeman, Greg Kinnear
Rendition
Reese Witherspoon, Jake Gyllenhaal

I Am Legend
Will Smith, Salli Richardson (Digital)
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman

Atonement
Keira Knightley, James McAvoy
Bee Movie
Animation PV

LUSOMUNDO
COLOMBO
TEL: 707 246362
24 JAN-30 JAN

Feast of Love
Morgan Freeman, Greg Kinnear
3:10 to Yuma
Russell Crowe, Christian Bale

Rendition
Reese Witherspoon, Jake Gyllenhaal
Cloverfield
Mike Vogel, Jessica Lucas

Balls of Fury
Christopher Walken, Maggie Q.
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman

Atonement
Keira Knightley, James McAvoy
Saw IV
Tobin Bell, Liyriq Bent

Aliens vs Predator: Requiem
Reiko Aylesworth, David Paetkau
The Breed
Michelle Rodriguez, Oliver Hudson

Bee Movie
Animation PV
Call Girl
Soraia Chaves, Joaquim de Almeida

I Am Legend
Will Smith, Salli Richardson

OV = Original Version
PV = Portuguese Version

LUSOMUNDO
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24 JAN-30 JAN

Call Girl
Soraia Chaves, Joaquim de Almeida
Bee Movie
Animation PV

Aliens vs Predator: Requiem
Reiko Aylesworth, David Paetkau
Cassandra's Dream
Ewan McGregor, Colin Farrell

The Assassination of Jesse James by the Coward Robert Ford
Brad Pitt, Casey Affleck

UCI CINEMAS
EL CORTE INGLÉS
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24 JAN-30 JAN

3:10 to Yuma
Russell Crowe, Christian Bale
Cloverfield
Mike Vogel, Jessica Lucas

Rendition
Reese Witherspoon, Jake Gyllenhaal
The Darjeeling Limited
Owen Wilson, Adrien Brody

Bee Movie
Animation PV
Alvin and the Chipmunks
Jason Lee, David Cross PV

American Gangster
Denzel Washington, Russell Crowe
Aliens vs Predator: Requiem
Reiko Aylesworth, David Paetkau

National Treasure: Book of Secrets
Nicolas Cage, Justin Bartha
I Am Legend
Will Smith, Salli Richardson

Cassandra's Dream
Ewan McGregor, Colin Farrell
Eastern Promises
Viggo Mortensen, Naomi Watts

Lions for Lambs
Robert Redford, Meryl Streep
Atonement
Keira Knightley, James McAvoy

Call Girl
Soraia Chaves, Joaquim de Almeida
4 luni, 3 saptamani, si 2 zile
Anamaria Marinca, Laura Vesiliu

Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman
Saw IV
Tobin Bell, Liyriq Bent

The Assassination of Jesse James by the Coward Robert Ford
Brad Pitt, Casey Affleck

LUSOMUNDO
FORUM MONTIJO
TEL: 707 246362
24 JAN-30 JAN

3:10 to Yuma
Russell Crowe, Christian Bale
Cloverfield
Mike Vogel, Jessica Lucas

Atonement
Keira Knightley, James McAvoy
I Am Legend
Will Smith, Salli Richardson

Bee Movie
Animation PV
Saw IV
Tobin Bell, Liyriq Bent

Beowulf
Animation

UCI CINEMAS
FREEPORT
TEL: 707 23 22 21
24 JAN-30 JAN

3:10 to Yuma
Russell Crowe, Christian Bale
Cloverfield
Mike Vogel, Jessica Lucas

Atonement
Keira Knightley, James McAvoy
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman

I Am Legend
Will Smith, Salli Richardson
Call Girl
Soraia Chaves, Joaquim de Almeida

Saw IV
Tobin Bell, Liyriq Bent
Alvin and the Chipmunks
Jason Lee, David Cross OV & PV

National Treasure: Book of Secrets
Nicolas Cage, Justin Bartha

OV = Original Version
PV = Portuguese Version

Balls of Fury
Christopher Walken, Maggie Q.
Aliens vs Predator: Requiem
Reiko Aylesworth, David Paetkau
Bee Movie
Animation PV
Resurrecting the Champ
Samuel L. Jackson, Josh Hartnett

LUSOMUNDO
ODIVELAS PARQUE
TEL: 707 246362
24 JAN-30 JAN

3:10 to Yuma
Russell Crowe, Christian Bale
Cloverfield
Mike Vogel, Jessica Lucas

Atonement
Keira Knightley, James McAvoy
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman

Saw IV
Tobin Bell, Liyriq Bent
I Am Legend
Will Smith, Salli Richardson

Bee Movie
Animation PV
Call Girl
Soraia Chaves, Joaquim de Almeida

National Treasure: Book of Secrets
Nicolas Cage, Justin Bartha

LUSOMUNDO
OEIRAS PARQUE
TEL: 707 246362
24 JAN-30 JAN

3:10 to Yuma
Russell Crowe, Christian Bale
Cloverfield
Mike Vogel, Jessica Lucas

Feast of Love
Morgan Freeman, Greg Kinnear
Atonement
Keira Knightley, James McAvoy

National Treasure: Book of Secrets
Nicolas Cage, Justin Bartha
Bee Movie - Animation PV
Call Girl
Soraia Chaves, Joaquim de Almeida

Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman
Saw IV
Tobin Bell, Liyriq Bent

I Am Legend
Will Smith, Salli Richardson

LUSOMUNDO
TORRES VEDRAS
TEL: 707 246362
24 JAN-30 JAN

Cloverfield
Mike Vogel, Jessica Lucas
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman

Love and Other Disasters
Brittany Murphy, Matthew Rhys
I Am Legend
Will Smith, Salli Richardson (Digital)

Call Girl
Soraia Chaves, Joaquim de Almeida
Bee Movie - Animation PV
Aliens vs Predator: Requiem
Reiko Aylesworth, David Paetkau

Balls of Fury
Christopher Walken, Maggie Q.

LUSOMUNDO
VASCODAGAMA
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24 JAN-30 JAN

3:10 to Yuma
Russell Crowe, Christian Bale
Cloverfield
Mike Vogel, Jessica Lucas

Feast of Love
Morgan Freeman, Greg Kinnear
Ensemble, c'est tout
Audrey Tautou, Guillaume Canet

Bee Movie - Animation PV
Saw IV
Tobin Bell, Liyriq Bent

Atonement
Keira Knightley, James McAvoy
I Am Legend
Will Smith, Salli Richardson

Aliens vs Predator: Requiem
Reiko Aylesworth, David Paetkau
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman

Call Girl
Soraia Chaves, Joaquim de Almeida
Le Scaphandre et le Papillon
Mathieu Amalric & Emmanuelle Seigner

Beowulf
Animation (Digital)

A STORY FOR ANYONE WITH AN APPETITE FOR LOVE



Feast of Love



From venerable, multiple Academy Award winning director Robert Benton (*Kramer vs. Kramer*, *Places in the Heart*), comes a kaleidoscopic ode to love in all its funny, sad, sexy, crazy, heartbreaking and extraordinary facets. This thoroughly modern version of a *Midsummer Night's Dream* erupts in a tight-

knit Oregon neighbourhood as local professor Harry Stevenson (Morgan Freeman) witnesses love whipping up mischief among the town's residents, who include Greg Kinnear, Selma Blair, Radha Mitchell, Billy Burke, Alexa Davalos, Toby Hemmings and Jane Alexander, where all their stories intertwine into one remarkable romantic fable.



Wes Anderson, the creator of *Rushmore*, *The Life Aquatic with Steve Zissou* and *The Royal Tennenbaums*, offers another quirky, melancholic riff on familial ties and father issues in *The Darjeeling Limited*.

Francis (Owen Wilson) has invited his brothers, Jack (Jason Schwartzman) and Peter (Adrien Brody), to join him on a train trip for a spiritual quest through India. The brothers have been estranged since their father's sudden death, and each is now embroiled in his own personal drama. Jack is being toyed with by his two-timing girlfriend, Peter's wife is about to give birth, and Francis recently survived a car crash that nearly killed him. As the train chugs its way across India, the brothers try to reconnect, but mainly end up arguing and sharing pharmaceuticals. Francis admits that the real reason he lured them there is because he wants them to visit their mother (Jelicia Huston), who is living in a convent in the Himalayas.

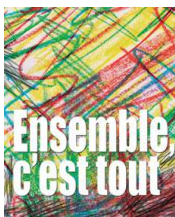


The story centres on the encounter of four people who will get to know each other, love one another and live under a single roof. Camille (Audrey Tautou) works evenings as an office cleaning woman, makes graceful drawings in her free time. Philibert (Laurent Stocker) is a young, aristocratic history buff. Timid, emotional and solitary, he occupies a spacious apartment owned by his family.

Franc (Guillaume

Canet) is a cook, both virile and tender, who has an undying love for his grand-mother, a fragile and funny elderly lady named Paulette (Françoise Bertin). They will learn to help each other and to get over their doubts and their grief together. Together, they move forward making their dreams come true.

Through their discovery of one another, they will learn that together, everything is easier.



3:10 to Yuma stars Russell Crowe, Christian Bale, Ben Foster, Gretchen Mol and Peter Fonda in a modern take on the classic western by Elmore Leonard from producing/writing/ directing team Cathy Konrad and James Mangold (*Walk the Line*).

In Arizona in the late 1800's, infamous outlaw Ben Wade (Russell Crowe) and his vicious gang of thieves and murderers have plagued the Southern Railroad. When Wade is captured, Civil War veteran Dan Evans (Christian Bale), struggling to survive on his drought-plagued ranch, volunteers to deliver him alive to the "3:10 to Yuma", a train that will take the killer to trial. On the trail, Evans and Wade, each from very different worlds, begin to earn each other's respect. But with Wade's outfit on their trail, and dangers at every turn, the mission soon becomes a violent, impossible journey toward each man's destiny.



On the eve of his departure for Japan, Rob (Michael Stahl-David) sees his going-away party as an opportunity to confess unresolved feelings and tie up loose ends. His agenda takes an unexpected turn when a jolt shakes the revellers. The crowd quiets down to watch news reports of an earthquake, then rushes to the roof to assess the damage.

A fireball explodes on the distant horizon. A power failure follows. Confusion gives way to panic as the partygoers stumble through the blackout and into the streets.

Amid the human screams and one inhuman roar, Rob and his friends must traverse a landscape that has changed, overtaken by something otherworldly, terrifying, monstrous...



RENDITION

Reese Witherspoon, Jake Gyllenhaal, Meryl Streep, Peter Sarsgaard and Alan Arkin star in *Rendition*, a thriller from director Gavin Hood (*Tsotsi*). Reese Witherspoon stars as the American wife of an Egyptian-born chemical engineer who disappears on a flight from South Africa to Washington. The woman desperately tries to track her husband down, while a CIA analyst (Jake Gyllenhaal) at a secret detention facility outside the U.S. is forced to question his assignment as he becomes party to the man's unorthodox interrogation.

CELEB NEWS

Actor **Heath Ledger** was found dead in his Manhattan apartment on January 23rd, in what appeared to be a possible drug-related death; he was 28. The actor was discovered in one of the SoHo apartment's bedrooms at 3:31 p.m., when a masseuse arrived for a scheduled appointment and the residence's housekeeper went to inform the actor of the masseuse's arrival. An initial police report cited by the *New York Times* said that foul play was not suspected and that prescription pills had been found near Ledger's body. A native of Australia, Ledger shot to fame as a teen heartthrob in *10 Things I Hate About You* before graduating to more adult roles, most notably his Oscar-nominated turn in *Brokeback Mountain*. Engaged at one time to *Brokeback* co-star **Michelle Williams**, the two had a daughter, but had split in recent months. Recently, Ledger wrapped filming on the *Batman* film *The Dark Knight*, in which he played The Joker; the film is currently set for release this summer. He was an incredibly talented young man, he will be sorely missed. «»» No Country for Old Men and There Will Be Blood received eight Oscar nominations each, the most of any films that will be competing in this year's Academy Awards. *Atonement* and *Michael Clayton* each earned seven nominations. All four films were nominated for best film, along with the comedy *Juno*. The nominations also included two for **Cate Blanchett**, one for best actress for *Elizabeth: The Golden Age*, the other for best supporting actress for her portrayal of the young Bob Dylan in *I'm Not There*. Also nominated for best actress were **Julie Christie** for *Away from Her*, **Marion Cotillard** for *La Vie En Rose*, **Laura Linney** for *The Savages* and **Ellen Page** for *Juno*. In the best actor category, **Daniel Day-Lewis** was regarded as a shoo-in for his performance in *There Will Be Blood*. Also competing for the honour will be **George Clooney** for *Michael Clayton*, **Johnny Depp** for *Sweeney Todd: The Demon Barber of Fleet Street*, **Tommy Lee Jones** for *In the Valley of Elah*, and **Viggo Mortensen** for *Eastern Promises*. In the director's category, the contest appeared to be a two-way affair between **Paul Thomas Anderson**, who helmed *There Will Be Blood* and **Joel Coen** and **Ethan Coen**, who directed *No Country for Old Men*. Also competing are **Jason Reitman** for *Juno*, **Tony Gilroy** for *Michael Clayton* and **Julian Schnabel** for *The Diving Bell and the Butterfly*. If all goes according to plan, the Academy Awards will be handed out on Sunday, February 24th. Though the continuing WGA strike threatens to hamper the proceedings, the Academy is moving forward as planned with the show. «»» Acting legend Sir **Ian McKellen** has paid tribute to **Brad Renfro**, his co-star in 1998 film *Apt Pupil*, who died on January 15th at just 25 years old. The young star was just 15 when he was cast alongside the British Oscar nominee in the movie, about a teenager who befriends a hiding Nazi war criminal. After learning of Renfro's death from a suspected drug overdose, McKellen wrote on his blog, "I first caught sight of Brad Renfro when he was kicking a football around with Bryan Singer on the half-built set of *Apt Pupil* in Hollywood. He was a kid having fun and that's how I shall always remember him. But he was more than that. He was a proper actor and when we worked together he was determined to be accepted as such. On set, he was blusteringly confident although it was obvious he would have benefited from training as an actor. Yet, as Todd, the disturbed teenager in *Apt Pupil*, he tapped into an inner demonic world and carried the film on his young shoulders. He longed to belong in the alien world which perhaps in the end overwhelmed him. He was only 25 and it is dreadful we shan't see all that he might have achieved". «»»

NORTH

UCI CINEMAS
ARRABIDA SHOPPING
TEL: 707 23 22 21
24 JAN-30 JAN



3:10 to Yuma
Russell Crowe, Christian Bale
Rendition
Reese Witherspoon, Jake Gyllenhaal
The Darjeeling Limited
Owen Wilson, Adrien Brody
Feast of Love
Morgan Freeman, Greg Kinnear
Cloverfield
Mike Vogel, Jessica Lucas
Saw IV
Tobin Bell, Lyriq Bent
National Treasure: Book of Secrets
Nicolas Cage, Justin Bartha
4 luni, 3 saptamani, si 2 zile
Anamaria Marinca, Laura Vesiliu
Balls of Fury
Christopher Walken, Maggie Q.
Good Luck Chuck
Dane Cook, Jessica Alba
The Assassination of Jesse James by the Coward Robert Ford
Brad Pitt, Casey Affleck
Resurrecting the Champ
Samuel L. Jackson, Josh Hartnett
Alvin and the Chipmunks
Jason Lee, David Cross (PV)
Eastern Promises
Viggo Mortensen, Naomi Watts
Call Girl
Soraia Chaves, Joaquim de Almeida
I Am Legend
Will Smith, Salli Richardson
Aliens vs Predator: Requiem
Reiko Aylesworth, David Paetkau
The Breed
Michelle Rodriguez, Oliver Hudson
Atonement
Keira Knightley, James McAvoy
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman
American Gangster
Denzel Washington, Russell Crowe
Bee Movie
Animation OV & PV
Cassandra's Dream
Ewan McGregor, Colin Farrell
Resurrecting the Champ
Samuel L. Jackson, Josh Hartnett

LUSOMUNDO
FORUM AVEIRO
TEL: 707 246362
24 JAN-30 JAN

Call Girl
Soraia Chaves, Joaquim de Almeida
Enchanted
Amy Adams, Patrick Dempsey (PV)
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman
Cassandra's Dream
Ewan McGregor, Colin Farrell
3:10 to Yuma
Russell Crowe, Christian Bale
Daqui p'rá frente
Adelaide de Sousa, Antonio Figueiredo
Rendition
Reese Witherspoon, Jake Gyllenhaal
Atonement
Keira Knightley, James McAvoy

LUSOMUNDO
GLICÍNIAS
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24 JAN-30 JAN

Bee Movie
Animation PV
National Treasure: Book of Secrets
Nicolas Cage, Justin Bartha
The Assassination of Jesse James by the Coward Robert Ford
Brad Pitt, Casey Affleck
Good Luck Chuck
Dane Cook, Jessica Alba
I Am Legend
Will Smith, Salli Richardson
Balls of Fury
Christopher Walken, Maggie Q.

Aliens vs Predator: Requiem
Reiko Aylesworth, David Paetkau
Cloverfield
Mike Vogel, Jessica Lucas
Saw IV
Tobin Bell, Lyriq Bent

LUSOMUNDO
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24 JAN-30 JAN

Atonement
Keira Knightley, James McAvoy
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman
Call Girl
Soraia Chaves, Joaquim de Almeida
Rendition
Reese Witherspoon, Jake Gyllenhaal
3:10 to Yuma
Russell Crowe, Christian Bale
Daqui p'rá frente
Adelaide de Sousa, Antonio Figueiredo
Alvin and the Chipmunks
Jason Lee, David Cross (PV)
Cristóvão Colombo: O Enigma
Ricardo Trêpa, Leonor Baldaque
Love and Other Disasters
Brittany Murphy, Matthew Rhys
I Am Legend
Will Smith, Salli Richardson
National Treasure: Book of Secrets
Nicolas Cage, Justin Bartha
Cassandra's Dream
Ewan McGregor, Colin Farrell
Feast of Love
Morgan Freeman, Greg Kinnear

LUSOMUNDO
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24 JAN-30 JAN

Resurrecting the Champ
Samuel L. Jackson, Josh Hartnett
Le Scaphandre et le Papillon
Mathieu Amalric e Emmanuelle Seigner
Bee Movie - Animation PV
Aliens vs Predator: Requiem
Reiko Aylesworth, David Paetkau
Balls of Fury
Christopher Walken, Maggie Q.
National Treasure: Book of Secrets
Nicolas Cage, Justin Bartha
I Am Legend
Will Smith, Salli Richardson
Saw IV
Tobin Bell, Lyriq Bent
Cloverfield
Mike Vogel, Jessica Lucas

LUSOMUNDO
FOZPLAZA
TEL: 707 246362
24 JAN-30 JAN

Balls of Fury
Christopher Walken, Maggie Q.
Aliens vs Predator: Requiem
Reiko Aylesworth, David Paetkau
Call Girl
Soraia Chaves, Joaquim de Almeida
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman
I Am Legend
Will Smith, Salli Richardson
Cloverfield
Mike Vogel, Jessica Lucas
Bee Movie - Animation PV
Cassandra's Dream
Ewan McGregor, Colin Farrell

LUSOMUNDO
FERRARA PLAZA
TEL: 707 246362
24 JAN-30 JAN

Bee Movie - Animation PV
Aliens vs Predator: Requiem
Reiko Aylesworth, David Paetkau
I Am Legend
Will Smith, Salli Richardson
Balls of Fury
Christopher Walken, Maggie Q.
Martian Child
John Cusack, Amanda Peet
National Treasure: Book of Secrets
Nicolas Cage, Justin Bartha

LUSOMUNDO
DOLCE VITA DOURO
TEL: 707 246362
24 JAN-30 JAN

Cloverfield
Mike Vogel, Jessica Lucas
Aliens vs Predator: Requiem
Reiko Aylesworth, David Paetkau
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman
Bee Movie - Animation PV
Call Girl
Soraia Chaves, Joaquim de Almeida
National Treasure: Book of Secrets
Nicolas Cage, Justin Bartha
I Am Legend
Will Smith, Salli Richardson
Atonement
Keira Knightley, James McAvoy
The Assassination of Jesse James by the Coward Robert Ford
Brad Pitt, Casey Affleck

LUSOMUNDO
FORUM VISEU
TEL: 707 246362
24 JAN-30 JAN

Aliens vs Predator: Requiem
Reiko Aylesworth, David Paetkau
Call Girl
Soraia Chaves, Joaquim de Almeida
Bee Movie - Animation PV
National Treasure: Book of Secrets
Nicolas Cage, Justin Bartha
Cloverfield
Mike Vogel, Jessica Lucas
Cassandra's Dream
Ewan McGregor, Colin Farrell
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman
I Am Legend
Will Smith, Salli Richardson
Atonement
Keira Knightley, James McAvoy

LUSOMUNDO
FORUM VIZELA
TEL: 707 246362
24 JAN-30 JAN

Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman
Call Girl
Soraia Chaves, Joaquim de Almeida
Ratatouille - Animation PV
Eastern Promises
Viggo Mortensen, Naomi Watts

LUSOMUNDO
DOLCE VITA PORTO
TEL: 707 246362
24 JAN-30 JAN

Cloverfield
Mike Vogel, Jessica Lucas
Bee Movie - Animation PV
Call Girl
Soraia Chaves, Joaquim de Almeida
I Am Legend
Will Smith, Salli Richardson
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman
Atonement
Keira Knightley, James McAvoy
Cassandra's Dream
Ewan McGregor, Colin Farrell
Balls of Fury
Christopher Walken, Maggie Q.
Feast of Love
Morgan Freeman, Greg Kinnear

LUSOMUNDO
MAIA SHOPPING
TEL: 707 246362
24 JAN-30 JAN

Cloverfield
Mike Vogel, Jessica Lucas
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman
Balls of Fury
Christopher Walken, Maggie Q.
National Treasure: Book of Secrets
Nicolas Cage, Justin Bartha
I Am Legend
Will Smith, Salli Richardson
Bee Movie
Animation PV
Good Luck Chuck
Dane Cook, Jessica Alba

LUSOMUNDO
NORTE SHOPPING
TEL: 707 246362
24 JAN-30 JAN

4 luni, 3 saptamani, si 2 zile
Anamaria Marinca, Laura Vesiliu
Balls of Fury
Christopher Walken, Maggie Q.
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman
Cloverfield
Mike Vogel, Jessica Lucas
3:10 to Yuma
Russell Crowe, Christian Bale
Bee Movie
Animation PV
I Am Legend
Will Smith, Salli Richardson
Feast of Love
Morgan Freeman, Greg Kinnear
Call Girl
Soraia Chaves, Joaquim de Almeida
Saw IV
Tobin Bell, Lyriq Bent
Atonement
Keira Knightley, James McAvoy

LUSOMUNDO
GAIA SHOPPING
TEL: 707 246362
24 JAN-30 JAN

Bee Movie
Animation PV
Saw IV
Tobin Bell, Lyriq Bent
Enchanted
Amy Adams, Patrick Dempsey (PV)
Cristóvão Colombo: O Enigma
Ricardo Trêpa, Leonor Baldaque
Feast of Love
Morgan Freeman, Greg Kinnear
Atonement
Keira Knightley, James McAvoy
Call Girl
Soraia Chaves, Joaquim de Almeida
I Am Legend
Will Smith, Salli Richardson
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman
Rendition
Reese Witherspoon, Jake Gyllenhaal
Balls of Fury
Christopher Walken, Maggie Q.

LUSOMUNDO
PARQUE NASCENTE
TEL: 707 246362
24 JAN-30 JAN

National Treasure: Book of Secrets
Nicolas Cage, Justin Bartha
Saw IV
Tobin Bell, Lyriq Bent
Cloverfield
Mike Vogel, Jessica Lucas
Atonement
Keira Knightley, James McAvoy
Beowulf - Animation
Rendition
Reese Witherspoon, Jake Gyllenhaal
3:10 to Yuma
Russell Crowe, Christian Bale
Bee Movie
Animation PV
Charlie Wilson's War
Tom Hanks, Philip Seymour Hoffman
Resurrecting the Champ
Samuel L. Jackson, Josh Hartnett
I Am Legend
Will Smith, Salli Richardson
Aliens vs Predator: Requiem
Reiko Aylesworth, David Paetkau
Good Luck Chuck
Dane Cook, Jessica Alba
Balls of Fury
Christopher Walken, Maggie Q.
Alvin and the Chipmunks
Jason Lee, David Cross (PV)
Call Girl
Soraia Chaves, Joaquim de Almeida



OV = English Version
PV = Portuguese Version

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Bill's Food. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Match of the Day Live: The FA Cup. Mansfield Town v Middlesbrough (Kick-off 12.30pm). (T) 2.30 Live Athletics. The Norwich Union International Match. (T) 4.25 BBC News; Regional News; Weather. (T) 4.40 Final Score.

- 5.05 Match of the Day Live: The FA Cup. Wigan Athletic v Chelsea (Kick-off 5.15pm). (T)
- 7.30 The One and Only. Graham Norton hosts as the remaining 10 tribute artists take to the stage in a bid to keep alive their hopes of winning a performance contract in Las Vegas. The results can be seen at 9.35. (T)
- 8.35 The National Lottery Draws. Jenni Falconer announces the all-important numbers. (T)
- 8.45 Casualty. Tess struggles to run a department of work-to-rule nurses. A graffiti artist falls from a bridge and causes a serious car crash and Greg is prompted to consider his future. (T)
- 9.35 The One and Only - The Results Show. The 10 remaining tribute artists join forces for a group performance, before the public vote is revealed and the two contestants with the lowest number of votes sing again. (T)
- 10.05 BBC News; Weather; (T) National Lottery Update.
- 10.25 Match of the Day. Gary Lineker presents highlights of today's FA Cup fourth-round ties, which include League Two strugglers Mansfield Town against Premier League outfit Middlesbrough at Field Mill and the all-Premier League clash between Wigan Athletic and Chelsea at the JJB Stadium. The Stags face the prospect of losing their Football League status if they don't improve their league form, but they are sure to welcome a break from their survival bid as they attempt to book a place in giant-killing history. The defending champions continue their title defence with a tricky match away to Steve Bruce's Latics, but they have never lost on this ground and are expected to see that run continue. Plus, action from Liverpool v Havant & Waterlooville and Arsenal v Newcastle United. (T)
- 11.45 FILM: The Omen (1976). Horror thriller, starring Gregory Peck. (T)
- 1.30 Friday Night with Jonathan Ross; (R) (T) Weatherview. 2.35 BBC News 24. (T)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Watch My Chops. (R) (T) 7.15 Watch My Chops. (R) (T) 7.25 Arthur. (R) (T) 7.40 Mortified. (R) (T) 8.00 Krypto the Superdog. (T) 8.15 Zombie Hotel. (R) (T) 8.40 Dinosaipen. (R) (T) 9.00 Basil's Swap Shop. (T) Diddy Dick & Dom. (R) (T) 10.00 Prank Patrol. (R) (T) 10.30 What's New Scooby-Doo? (R) (T) 10.50 Best of Friends. (R) (T) 11.20 Animalia. (R) (T) 11.45 Sportsround. (T) 12.00 Animal Park. (T) 12.30 Film 2008 with Jonathan Ross. (R) (T) 1.00 Tennis: Australian Open. (T) 2.00 Live Athletics. The Norwich Union International Match. Coverage continues on BBC1. (T) 2.30 Indoor Bowls. (T) 4.20 BBC Switch: Falcon Beach. (T) 5.05 BBC Switch: Sound. (T) 5.40 What the Papers Say. (T) 5.50 Dad's Army. (R) (T) 6.20 Coast. (R) (T) 7.20 The Culture Show. With Tom Hanks and Laura Linney. (T) 8.10 Timewatch - The Pharaoh's Lost City. Archaeologists shed new light on Pharaoh Akhenaten's reign. (T) 9.00 Have I Got Old News for You. With guest host Chris Tarrant. (R) (T) 9.35 FILM: Match Point (2005). Premiere. An engaged tennis instructor is tempted by an affair with his future brother-in-law's girlfriend. Woody Allen's dark romantic drama, starring Scarlett Johansson and Jonathan Rhys Meyers. (T) 11.35 FILM: Hannah and Her Sisters (1996). Oscar-winning comedy drama, starring Woody Allen. (T) 1.15 Bowls Extra. (T) 3.10 FILM: Atanarjuat: The Fast Runner (2001). Premiere. Historical drama, starring Natar Unglaaaq.

Pick of the Day

The Culture Show (BBC2, 7.20pm)

Tom Hanks may be one of the nicest blokes in Hollywood, but some fans wondered if his recent appearance on Friday Night With Jonathan Ross was part of an elaborate wind up. The acclaimed thesp revealed his obsession with typewriters, and even brought one with him to the studio. Yes, just when you thought you'd seen it all, the star of Big, Saving Private Ryan and Cast Away made us realise there's far more to him than meets the eye. Mark Kermode, who waxed lyrical with Hanks on Simon Mayo's Radio Five Live show a few weeks ago, is a big fan of the star. In this week's offering, the critic chats with Tom about what an Oscar means to an actor, and they talk about Hanks' new movie, Charlie Wilson's War. Actress Laura Linney has also attracted her fair share of fans with a string of impressive movies, including The Truman Show, Love Actually and The Squid and the Whale. She'll be discussing her career, and Radio 1 DJ Nihal treks to Ghent in Belgium to meet David and Stephen Dewaele. Electro band Hot Chip provide the music, while Lauren Laverne handles presenting duties with her usual flair.

C4

6.10 World Cup Skiing. (R) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.50 T4: One Tree Hill. (T) 9.50 T4: Freshly Squeezed. 10.25 T4: Friends. (R) (T) 10.55 T4: The Hills. (R) (T) 11.25 T4: Friends. (R) (T) 11.55 T4: Pussycat Dolls Present: The Search for the Next Doll. (R) (T) 1.00 T4: Age of Love. (T) 2.00 Channel 4 Racing from Cheltenham and Doncaster. Including the 3.15 Wragge & Co Juvenile Novices' Hurdle (2m 1f). (T) 4.10 Deal or No Deal. (T) 4.55 Jamie at Home. (R) (T) 5.30 Hugh's Chicken Run. (R) (T) 6.30 Channel 4 News. (T) 7.00 Grand Designs. Kevin McCloud meets a commercial surveyor with an £800,000 budget who is planning to build an unusual home in Oxford that has to be only one storey high to meet planning conditions. (R) (T) 8.00 ER. Two wounded police officers present challenges in the ER. (T) 9.00 FILM: Forrest Gump (1994). Multi-Oscar-winning comedy drama, starring Tom Hanks as the simple soul who bumbles through a bizarre series of adventures, becoming a national hero. Sally Field co-stars. (T) 11.35 City of Vice. (R) (T) 12.35 FILM: I Still Know What You Did Last Summer (1998). Horror sequel, starring Jennifer Love Hewitt. (T) 2.30 FILM: The Eye (2002). Psychological horror, starring Lee Sin-Je. (T) 4.10 3 Minute Wonder: Can You Believe Your Eyes? (R) (T) 4.15 3 Minute Wonder: Can You Believe Your Eyes? (R) (T) 4.20 3 Minute Wonder: Can You Believe Your Eyes? (R) (T) 4.25 Salvage Squad. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Sunrise. 6.55 Milkshake!: Funky Town. (R) (T) 7.00 Hi-5. (R) (T) 7.35 The Beeps. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Rupert Bear. (R) (T) 8.20 Little Princess. (R) (T) 8.35 Hana's Helpline. (R) (T) 8.50 Roary the Racing Car. (R) (T) 9.05 Gerald McBoing Boing. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Football Italiano. (T) 10.30 Fifth Gear. (R) (T) 11.30 FILM: Geppetto (2000). Live-action reworking of Pinocchio, starring Drew Carey. (T) 1.15 FILM: Greystrians Bobby (1961). Emotional drama, starring Donald Crisp. 3.05 FILM: Catch a Falling Star (2000). Drama, starring Sela Ward. (T) 4.35 FILM: The House on Carroll Street (1988). Political thriller, starring Kelly McGillis. 6.30 FILM: Regarding Henry (1991). Harrison Ford plays an unscrupulous lawyer forced to start life afresh after a shooting incident leaves him brain-damaged. Moralistic drama, with Annette Bening. (T) 8.25 five news and sport. (T) 8.40 NCIS. Ducky identifies two bodies found dismembered and stuffed into barrels as those of a prosecutor and a sheriff who worked together with him on a rape case. (R) (T) 9.35 CSI: NY. Mac confides in Flack about the persistent anonymous calls he is receiving, while the team investigate a string of hi-tech robberies targeting Manhattan's richest residents. They get a break in the case when one of the thieves is found dead in the middle of the road. Detective drama, starring Gary Sinise and Eddie Cahill. (T) 10.35 Law & Order. (T) 11.35 True CSI. How forensics help solve real-life murders. (R) (T) 12.35 Quiz Call. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

ITV1

- 5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 Dancing on Ice. (R) (T) 11.25 Dancing on Ice: The Skate Off. (R) (T) 11.55 ITV News and Weather. (T) 12.05 London Today; Weather. (T) 12.10 Coronation Street. (T) 2.35 Primeval. (R) (T) 3.35 London Tonight; Weather. (T) 3.50 FILM: Harry Potter and the Prisoner of Azkaban (2004). Magical adventure, starring Daniel Radcliffe. (T)
- 6.15 ITV News and Weather. (T)
- 6.30 All-New You've Been Framed! Harry Hill narrates more home-video howlers, including a scuba-diving golfer and a baby without bladder control. Plus, a dog who loves to fish is caught on camera. (T)
- 7.00 Harry Hill's TV Burp. The quirky comic takes a surreal look at the week's television, targeting such small-screen treats as Casualty and Emmerdale. (T)
- 7.30 Primeval. The team's new anomaly detector fails on its first outing when a young paintballer is attacked at an adventure park. Refusing to accept that the machine doesn't work, Cutter starts to think of a conventional explanation while Connor disgraces himself by accidentally shooting the park's mascot. When the real culprit is revealed, Cutter is forced to consider the possibility of human involvement as well as an anomaly. Guest starring Casualty's Gillian Kearney. (T)
- 8.30 Dancing on Ice: Make Me a Star. New series. The stars of Dancing on Ice give an insight as to what's coming up on the next show, while Torville and Dean launch a competition to find the nation's next ice-skating talent. (T)
- 9.05 Duel. Nick Hancock hosts this high-tension quiz show in which contestants go head to head in a battle of knowledge and nerve. But getting their hands on the ever-increasing jackpot will take skill, judgement and a lot of daring because just one mistake means instant elimination. (T)
- 10.05 Thank God You're Here. Paul Merton hosts the improvised comedy sketch show, inviting Not Going Out star Lee Mack, Corrie actress Jennie McAlpine, stand-up comedian Phil Niphei and Adam Buxton - of Adam and Joe fame - to walk through the door onto an unfamiliar set with only their wits to rely on. As always, Paul will also be subjecting himself to the same ordeal, and at the end all the contestants take part in an ensemble piece before the winner is announced. (T)
- 11.05 FILM: The Chronicles of Riddick (2004). Premiere. Sci-fi sequel, starring Vin Diesel. (T)
- 11.45 ITV News and Weather; Weather. (T) 12.00 FILM: The Chronicles of Riddick (2004). Concluded. (T) 1.25 Nightwatch with Steve Scott: Mystery. (T) ITV News Headlines. 3.10 FILM: Kiss Tomorrow Goodbye (2000). Thriller, starring Nicholas Lea. (T) 4.40 ITV Nightscreen.

LOCAL

RTP1
0630 Childrens TV 0710 Brinca Comigo 0800 Bom Dia Portugal Film-de-Semana 1100 Mador da Vida 1120 Segredos da Natureza 1230 Contra 1300 News 1415 Top + 1530 Missão de Jan 1715 Film TBA 1915 O Preço Certo 2000 News 2100 A Voz do Cidadão 2115 Operação Triunfo 2345 Film TBA 0145 Film TBA 0400 Lottery 0415 Teleales

RTP2
0700 Euronews 0730 África 7 Dias 0800 Couto & Coutadas 0830 Entre Pratos 0900 Universidade Aberta 1000 The Moscow Bolshoi Circus 1130 A Minha Família e Outros Animais 1300 Kabommm 1330 Bombordo 1400 Afeganistão - O Tráfico de Heroína 1500 Sport 2 900 Entre Pratos 1930 Kabommm 2100 Diga Lá Excelência 2145 A Hora da Sorte 2200 News 2240 Double Sessions: Films TBA 0245 Sport 0615 Euronews

SIC
0700 Sic Kids 0845 Disney Kids 1030 Chiquititas 1200 Nosso Mundo 1300 News 1430 Extase 1700 Film TBA 2000 News 2130 Os Malucos do Riso 2215 Duas Caras 2345 Hora H 0045 Film TBA 0245 Film TBA 0330 Amazonia 0415 O Jogo

TVI
0700 Childen TV 0900 Smackdown Wrestling 1030 O Bando dos 4 1200 DeLuxe 1400 Eureka! 1600 Film TBA 2000 News 2130 Fascínios 2245 Deixa-me Amar 0000 Film TBA 0200 Toca a Ganhar 0330 Film TBA 0500 The Office 0530 Teleales

Best of the Rest

BBC3

7.00 Sound 7.30 Match of the Day: Africa Cup of Nations 8.30 Top Gear 9.35 Film: Man on Fire 18 (2004) 11.55 Two Pints of Lager and a Packet of Crisps 12.55 Little Miss Jocelyn 12.55 Family Guy 1.20 Family Guy 1.40 Marc Wootton Exposed 2.10 Two Pints of Lager and a Packet of Crisps 2.40 Sex - with Mum and Dad 3.35 Marc Wootton Exposed 4.05 Close

BBC4

7.00 Sense and Sensibility 8.00 Film: Spirited Away PG (2002) 10.00 BBC Four World Cinema Award 2004 10.10 Film: Belleville Rendez-vous PG (2003) 11.25 Pop on Trial 12.55 10 Things You Didn't Know About Earthquakes 1.55 Citizen Smith 2.25 Pop on Trial 3.55 Close

ITV2

1.10 American Idol 3.05 Harry Hill's TV Burp 3.35 Who Wants to Be a Millionaire? 4.35 Duel 5.35 Holiday Showdown 6.35 Nanny 911 7.30 American Princess 8.30 Pop Stars: Gone Bad 9.05 Film: Police Academy III: Back in Training PG (1986) 10.45 The Planet's Funniest Animals 11.05 Al Murray's Happy Hour 12.15 Film: Mars Attacks! 12 (1996) 2.05 Sally Morgan: Star Psychic 3.00 Harry Hill's TV Burp 3.30 Emmerdale 6.00 Close

Sky One

1.00 Brainiac: Science Abuse 2.00 Vroom Vroom 3.00 Pop Years 4.00 Malcolm in the Middle 4.30 Futurama 5.00 Futurama 5.30 Futurama 6.00 Futurama 6.30 Futurama 7.00

Stargate Atlantis 8.00 Brainiac: Science Abuse 9.00 Ross Kemp in Afghanistan 10.00 Weeds 10.35 Weeds 11.10 Weeds 11.45 Weeds 12.20 Weeds 12.55 Weeds 1.30 Nothing But the Truth 2.30 Ibiza Uncovered 3.25 Brainiac: Science Abuse 3.50 Pop Years 4.20 America's Dumbest Criminals 5.10 Guilty!

UKTV Gold

1.00 dinnerladies 1.40 My Family 2.20 Keeping Up Appearances 3.00 Doctor Who 4.00 Doctor Who 5.00 My Hero 6.20 The Two Ronnies Sketchbook 7.00 Victoria Wood as Seen on TV 7.40 dinnerladies 8.20 My Family 9.00 The Vicar of Dibley 9.40 The Vicar of Dibley 10.20 The Vicar of Dibley 11.00 The Vicar of Dibley 11.40 The Vicar of Dibley 12.20 The Vicar of Dibley 1.00 The Vicar of Dibley 1.40 The Vicar of Dibley 2.20 The Catherine Tate Show 2.50 Keeping Up Appearances 3.20 Dallas 4.10 Charlie's Angels 5.00 Yes, Prime Minister 5.30 Yes, Prime Minister

TCM

1.00 Song of Love U (1947) 3.00 Bad Day at Black Rock PG (1955) 4.35 Guns for San Sebastian PG (1968) 6.40 Ocean's 11 PG (1960) 9.00 Beetlejuice 15 (1988) 10.40 Reckless 18 (1984) 12.25 Cannery Row 12 (1982) 2.25 Teleshopping 2.45 Weekend at the Waldorf U (1945) 5.00 Northwest Passage PG (1940)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Pixel Perfect PG (2004) Family comedy, starring Ricky Ullman.

MOVIES

Sky Movies Drama

7.15 The Derby Stallion PG (2005) 9.05 Goal! 12 (2005) 11.05 Little Children 15 (2006) With Kate Winslet. 1.25 Volcano 12 (1997) With Tommy Lee Jones. 3.25 Perfume: The Story of a Murderer 15 (2006) With Ben Whishaw. 5.55 Goal! 12 (2005) With Kuno Becker. 8.00 Little Children 15 (2006) With Kate Winslet. 10.20 Perfume: The Story of a Murderer 15 (2006) With Ben Whishaw. 12.50 Volcano 12 (1997) With Tommy Lee Jones. 2.35 Hustle and Flow 15 (2005) With Terrence Howard. 4.35 Secret of the Andes PG (1998)

Sky Movies Comedy

7.00 Max Rules: Adventures of a Superspy PG (2005) 8.30 Teen Wolf PG (1985) 10.05 Cheaper By the Dozen 2 PG (2005) 11.45 Tenacious D in The Pick of Destiny 15 (2006) With Jack Black. 1.25 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 3.00 The Wedding Singer 12 (1998) With Adam Sandler. 4.40 Good Burger PG (1997) With Kel Mitchell. 6.20 Cheaper By the Dozen 2 PG (2005) With Steve Martin. 8.00 Tenacious D in The Pick of Destiny 15 (2006) With Jack Black. 9.45 The Wedding Singer 12 (1998) With Adam Sandler. 11.25 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 1.00 Teen Wolf PG (1985) With Michael J. Fox. 2.40 Semi-Tough 15 (1977) With Burt

Reynolds. 4.30 Good Burger PG (1997)

Sky Movies Action

6.15 Angel Flight Down PG (1996) 7.50 Action & Thriller Close Up 8.20 Sinbad and the Eye of the Tiger U (1977) 10.25 War of the Worlds 12 (2005) 12.35 The Matador 15 (2005) With Pierce Brosnan. 2.25 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 4.25 The Guardian 15 (2006) With Kevin Costner. 6.55 War of the Worlds 12 (2005) With Tom Cruise. 9.00 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 10.45 The Guardian 15 (2006) With Kevin Costner. 1.05 Internal Affairs 18 (1990) With Richard Gere. 3.15 Inferno 18 (1999) 4.55 Angel Flight Down PG (1996)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Live Test Cricket. Australia v India. 8.00 FIFA Futbol Mundial 8.30 Premier League World 9.00 Soccer AM 12.00 Soccer Saturday 5.30 Test Cricket 7.00 Live Spanish Football. A La Liga match. 9.00 Live Spanish Football. A La Liga match. 11.00 NFL: Who Is? 11.30 World Sport 12.00 Sky Sports Classics 12.30 Live Test Cricket. Australia v India.

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Snow Adventures 7.00 Big League Weekend 8.00 Rugby Union 9.30 Live European Tour Golf. The Qatar Masters. 1.30 Test Cricket 3.00 Friday Fight Night 5.00 NFL: Total Access 5.55 U Can Do It 6.00 Snow Adventures 6.30 Cycling 7.00 World Sport 7.30 NFL: Who Is? 8.00 Golf Night 10.00 Football Special 11.00 Max Power 12.00 Golf Night 2.00 NFL: Who Is? 2.30 Football Preview 3.30 WWE: Royal Rumble Preview 4.00 Spanish Football 5.30 WWE: Royal Rumble Preview

Sky Sports 3

6.00 Sports Unlimited 7.00 Friday Fight Night 9.00 NFL: America's Game 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 WWE Special 2.00 WWE: Royal Rumble Preview 2.30 NFL: Total Access 3.25 U Can Do It 3.30 WWE Special 4.30 WWE: Royal Rumble Preview 5.00 WWE: Smackdown 7.00 WWE: Bottom Line 8.00 WWE Special 9.00 WWE: Royal Rumble Preview

9.30 WWE: Late Night - Bottom Line 10.30 Extreme Championship Wrestling 11.30 WWE: Late Night - Smackdown 1.30 WWE: Royal Rumble Preview 2.00 Extreme Championship Wrestling 3.00 Golf Night 5.00 Cycling 5.30 World Sport

British Eurosport

5.00 Close 7.30 Australian Open Tennis 8.00 Australian Open Tennis 9.30 Live Alpine Skiing. The World Cup meeting in Ofterschwang. 10.15 Cross-Country Skiing 11.00 Live Alpine Skiing. The World Cup meeting in Ofterschwang. 1.15 Live Figure Skating. The European Championship from Zagreb, Croatia. 4.00 Australian Open Tennis 4.45 Live African Cup of Nations. Cameroon v Zambia (Kick-off 5.00pm). 7.15 Live African Cup of Nations. Egypt v Sudan (Kick-off 7.30pm). 10.00 Australian Open Tennis 11.00 Figure Skating 12.30 World Rally Championship 1.00 Close

Sky Sports Xtra

6.00 Race World 7.00 Tight Lines 8.00 British Ice Hockey 10.00 Max Power 11.00 Racing News 11.30 World Sport 12.00 British Ice Hockey 2.00 Race World 3.00 Max Power 4.00 Sports Unlimited 5.00 Race World 6.00 Max Power 7.00 World Motor Sport 9.30 Test Cricket 11.00 Cycling 11.30 Snow Adventures 12.00 Race World 1.00 Spanish Football 2.30 World Motor Sport 5.00 Max Power



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BBC1

6.00 Breakfast. (T) 7.40 Match of the Day. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 Shaun the Sheep. (R) 1.10 EastEnders. (R) (T) 1.40 Match of the Day Live: The FA Cup. Manchester United v Tottenham Hotspur (Kick-off 2.00pm). (T) 4.00 EastEnders. (T)

5.30 Songs of Praise. Aled Jones visits Hexham, Northumberland, where he meets a race-course owner with royal connections. Featured hymns include the presenter's revised version of All my Trials. (T)

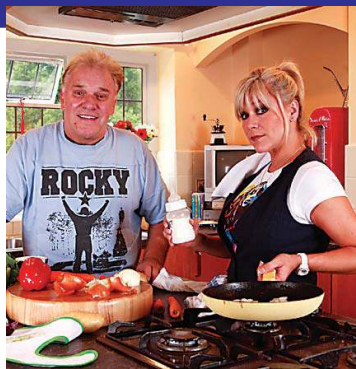
6.05 A Question of Sport. With Liverpool legend Ian Rush, Ryder Cup golfer Mark James, ex-England cricketer Dominic Cork and Wales and Lions rugby star Iwan Evans. (T) (S)

6.35 BBC News; Regional News; Weather. (T) 7.00 Antiques Roadshow. The team head to Kentwell Hall in Suffolk, where they find a riding crop made of love letters, and a set of toys once owned by the girl who inspired the illustrations in Alice in Wonderland. (T)

8.00 Lark Rise to Candleford. Suspicions are aroused in Candleford when it seems that Amos Wardup and his new maid Patty are becoming too close. However, when Amos' son declares his love for Patty, his father becomes furious, prompting her to leave the household. With the family in disarray, Dorcas takes it upon herself to reconcile the stubborn widower with his wayward son. Former Doctor Who actress Camille Coduri stars with Peter Wright, Craig Parkinson and Julia Sawalha. (T) (W) 1.00 Waking the Dead. Part one of two. The team investigate after a man convicted of murdering his parents escapes from a psychiatric unit and directs a family to unearth a body in their garden. The remains are identified as those of a student who went missing in the 1960s, and a link is made between the two crimes. However, time is of the essence in tracking down their suspect when an elderly psychiatrist is taken captive. Concludes tomorrow. (R) (T)

10.00 BBC News; Weather. (T) 10.20 One Foot in the Grave. The Meldreys return home from a dreary holiday to find the neighbours about to sell their house to a weirdo - and while Victor's busy moaning about everything under the sun, a long-suffering Margaret considers embarking on an affair. Comedy, starring Richard Wilson and Annette Crosbie. Postponed from January 15. (R) (T)

10.50 FILM: Tombstone (1993). Blockbusting Western, starring Kurt Russell. (T) Weatherview. 12.50 Sign Zone: Natural World. (R) (T) 1.40 Sign Zone: Holly City. (R) (T) 2.40 Sign Zone: Gardeners' World Special. (R) (T) 3.10 Sign Zone: A Passion for Plants. (R) (T) 3.40 Sign Zone: Helicopter Heroes. (R) (T) 4.25 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Jakers! (R) (T) 7.20 Batfink. (R) (T) 7.30 Hider in the House. (R) (T) 8.30 Live Tennis: Australian Open. The men's singles final. Subsequent programmes may be subject to change. (T) 11.30 Something for the Weekend. (T) 1.00 Animal Park. (R) (T) 1.30 European Figure Skating Championships. (T) 2.30 Indoor Bowls. The final of the World Indoor Championships. (T) 5.00 An Otter in the Family. (R) (T) 5.30 Killer Whales in the UK? (T) 6.00 Glacier Mountain Goats. (R) (T) 6.10 Natural World. (R) (T) 7.00 Ski Sunday. Including men's World Cup action from Schladming, Austria. (T) 8.00 Best of Top Gear. Highlights from 2007's series, including a multi-vehicle race across rush hour London, and turns from Simon Cowell and Lawrence Dallaglio in Star in a Reasonably Priced Car. (T) 9.00 Around the World in 80 Gardens. New series. Monty Don embarks on a horticultural world tour. (T) 10.00 Jonestown - The World's Biggest Mass Suicide. The mass suicide at the Jonestown commune in 1978. (T) 11.25 Richard Hammond on Bloody Omaha: Timewatch. Richard Hammond tells the true story of the D-Day landing at Omaha beach in Normandy. Widely regarded as a great victory, the landing was very nearly an unimaginable disaster. (R) (T) 12.25 FILM: The Investigation (2002). Fact-based drama, starring Nicholas Lea. (T) 2.00 BBC News 24. (T) 4.25 Close.

Pick of the Day

Celebrity Wife Swap (C4, 8pm)

Freddie Starr entertained millions in the 1970s and 1980s with his madcap humour, but these days he's a lot more settled. He believes a working man needs to be looked after and third wife Donna is happy to oblige. They have a 14-month-old daughter, Ebony, and two children from Donna's previous marriage. Reece, 14, and Paige, 13. Freddie plays around 25 gigs a year in regional theatres around the country. While he is the breadwinner, Donna takes care of their home, sleeping a few hours each night as she tries to fit in her chores. Meanwhile, Sam Fox and Myra Stratton's lives are rather different. They happily share both their work and home commitments, and although Sam, 41, would like to have children, Myra, 11 years her senior, is less convinced: "The obstacles to having a child is, next year is pretty booked up, we've got shows everywhere." Just watch those sparks fly when Donna and Sam trade places. Will Ms Fox be able to cope with looking after the kids and cooking Freddie's tea? And how will he cope with doing the housework?

C4

6.10 The Hoobs. (R) (T) 6.35 Transworld Sport. (T) 7.30 Barcelona World Race. 8.00 World Cup Skiing. 8.55 T4: The OC. (R) (T) 9.55 T4: Hollyoaks. (T) 12.25 T4: The Hills. (T) 1.00 T4: Friends. Monica splashes out on a pair of boots. (R) (T) 1.35 T4: Smallville. (T) 2.35 T4: Smallville. (T) 3.35 T4: The Simpsons. (T) 4.10 T4: The Simpsons. (T) 4.40 Britain's Worst Weather. (R) (T) 5.45 Time Team. Tony Robinson investigates the ruins of a nursery. (T) 6.45 Channel 4 News. (T) 7.00 Channel 4 Political Awards. Jon Snow presents the 10th annual ceremony celebrating the year's outstanding civic achievements. With a special award for the Most Inspiring Political Figure of the Last Decade. (T) 8.00 Celebrity Wife Swap. New series. Sam Fox exchanges places with Freddie Starr's wife Donna. (T) 9.00 FILM: Wedding Crashers (2005). Premiere. Two party-mad bachelors make the most of the hospitality and romantic atmosphere as they gate-crash weddings to pick up women. Starring Owen Wilson and Vince Vaughn. (T) 11.20 Comedy Live Presents: Russell Brand and Friends. (R) (T) 12.25 Amy Winehouse: Live at Shepherds Bush Empire. (R) (T) 1.25 Download Festival 2007. (R) (T) 2.30 Exodus. (R) (T) 4.30 Dispatches: The Court of Ken. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Roary the Racing Car. (R) (T) 6.35 Pocoyo. (R) (T) 6.45 Animal Families. (T) 6.55 Funky Town. (R) (T) 7.00 Hi-5. (R) (T) 7.35 The Beeps. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Rupert Bear. (R) (T) 8.15 Little Princess. (R) (T) 8.35 Hana's Helpline. (R) (T) 8.50 Roary the Racing Car. (R) (T) 9.00 Gerald McBoing Boing. (R) (T) 9.25 Jane and the Dragon. (R) (T) 10.00 FILM: Life-Size (2000). Offbeat fantasy, starring Tyra Banks. (T) 11.50 FILM: The Texas Rangers (1936). Western, with Fred MacMurray. (T) (bw) 1.40 Football Italiano. Live coverage of a match from Italy's Serie A. (T) 4.10 Built for the Kill. (R) (T) 4.45 FILM: Gremlins 2: The New Batch (1990). Comedy sequel, starring Zach Galligan. 6.35 five news and sport. (T) 6.50 FILM: Young Guns II: Blaze of Glory (1990). Brat Pack Western sequel following a particularly odious Billy the Kid and his two surviving cronies as they head for the safety of Mexico. Emilio Estevez and Kiefer Sutherland star. 9.00 FILM: US Marshals (1998). A tough federal agent tracks an escaped murder suspect but begins to doubt his quarry's guilt as the chase progresses. Slapdash sequel to The Fugitive, starring Tommy Lee Jones. (T) 11.35 Lockdown. (R) (T) 12.35 NHL Ice Hockey. 4.00 Kickboxing: Now Is the Time - Night of Combat. 4.45 Making of World's Strongest Man. (R) 5.35 Motorsport Mundial.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 CITV: Jim Jam & Sunny. (T) 9.40 Jim Jam & Sunny. (T) 9.50 Tricky Trackers. (R) (T) 10.00 The Planet's Funniest Animals. (T) 10.15 FILM: Murder, She Wrote: The Last Free Man (2001). Detective drama, starring Angela Lansbury. (R) (T) 12.00 The Funny Side of the Farm. (R) (T) 1.00 ITV News and Weather. (T) 1.05 London Today; Weather. (T) 1.10 Midsomer Murders. (R) (T) 3.15 Lewis. (R) (T)

5.15 Beat: Life on the Street. A new series of the documentary following neighbourhood policing teams in Oxford and Lancashire. An officer is injured when CS gas is deployed to break up a conflict outside a club. (T)

5.40 London Tonight; Weather. (T) 5.55 ITV News and Weather. (T)

6.15 Dancing on Ice. The remaining 10 couples perform, hoping Olympic heroes Jayne Torvill and Christopher Dean's tutelage will help them impress the viewers. Judges Robin Cousins, Karen Barber, Jason Gardiner, Ruthie Henshall and Nicky Slater also have their say. Hosts Phillip Schofield and Holly Willoughby return with the results at 8.45. (T)

7.45 Wild at Heart. Unable to stand the tension any longer, Sarah fires Caroline from Leopard's Den, but she is promptly instilled as deputy at Mara. However, disaster strikes as she and the Mara guests are threatened by lions. Meanwhile, Rosie is annoyed by the presence of the students vying for the position of vet assistant, particularly as one of them keeps flirting with Max. Fed up with the upheaval, Du Plessis hatches a plan to get everything back to normal, but it backfires dramatically and leaves a cheetah's life in danger. (T)

8.45 Dancing on Ice: The Skate Off. Phillip Schofield and Holly Willoughby preside as the two couples who have gained the least support from the judges and viewers compete to avoid being next to leave the show. (T)

9.15 Kingdom. When Peter refuses to post bail for Simon, Lily manages to secure his release using a case of money left behind when he was arrested. Cammie, a well-to-do woman, seeks the services of Kingdom and Kingdom to force Brad Johnson, an American pilot, to support her unborn baby - but investigations reveal neither party is being completely honest about their circumstances. (T)

10.15 ITV News and Weather; Weather. (T) 10.30 FILM: Pretty Woman (1990). Julia Roberts and Richard Gere star in this blockbusting romantic comedy about a millionaire businessman whose wife is changed by a streetwise prostitute. (T)

12.35 FILM: 3000 Miles to Graceland (2000). Crime comedy, starring Kurt Russell. (T) ITV News Headlines: 2.40 Dial a Mum. (R) (T) 3.20 Reality Bites. (R) (T) 3.45 Reality Bites. (R) (T) 4.10 People's Court. (R) (T) 5.00 ITV Nightscreen.

LOCAL

RTPI

0630 Brinca Comigo 0800 OS Animais mais Mortíferos do Mundo 0900 Eucarista Dominicana 1000 Eucarista Dominicana 1100 Equipados Para Matar 1200 AB Glória 1230 Mr Bean 1300 News 1415 S6 Visão 1530 Traveller 1745 Operação Triunfo 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Conta-me Como Foi 2230 Film TBA 0030 Film TBA 0400 TeleSales 0605 N6s

RTP2

0700 Euronews 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 N6s 1045 Da Terra ao Mar 1115 Consigo 1200 Vida Por Vida 1230 National Geographic 1330 Entre Pratos 1400 Reclame 1445 A Voz do Cidadão 1600 Sport 2 1900 Couto & coutadas 1930 A Alma e a Gente 2000 Bombordo 2030 The Simpsons 2100 A História da Índia 2200 News 2240 Camara Clara 2350 Britcom 0050 Onda Curta 0150 A Alma e a Gente 0200 Sport 0600 Euronews

SIC

0700 Floribella 0930 Os Bandidos 1115 Missa 1230 Otavio Dia 1300 News 1400 Film TBA 1600 Film TBA 1800 Film TBA 2000 News 2130 Morangos com Açúcar 2200 Novas de Maio 0000 Film TBA 0230 Toca A Ganhar 0400 Os Escolhidos 0500 TeleSales

TVI

0645 Children's TV 0900 Morangos Com Açúcar 1100 Missa Braga 1230 Otavio Dia 1300 News 1410 Top + 1530 Cidismo: Tour of Frande 1630 Film TBA 1845 O Preço Certo 1945 A Voz do Cidadão 2000 News 2130 Morangos Com Açúcar 2230 Ilha dos Amores 2330 Doce Fugitiva 0130 Film TBA 0215 Toca A Ganhar 0330 O Escritório 0400 Film TBA 0500 TeleSales

Best of the Rest

BBC3

7.00 Match of the Day: Africa Cup of Nations 8.00 The Baby Borrowers On Holiday: Changed My Life 9.00 Two Pints of Lager and a Packet of Crisps 9.30 Marc Wootton Exposed 10.00 Sex - with Mum and Dad 11.00 Family Guy 11.25 Family Guy 11.45 Two Pints of Lager and a Packet of Crisps 12.15 Marc Wootton Exposed 12.45 Sex - with Mum and Dad 1.45 The Baby Borrowers On Holiday: Changed My Life 2.40 Kill It, Cook It, Eat It 3.40 Close

BBC4

7.00 Chopin Etudes 7.10 Doctors to Be: Twenty Years On 7.40 Primo 9.00 10 Things You Didn't Know About Avalanches 10.00 Stranded! The Andes Plane Crash Survivors: Storyville 11.55 The Late Edition 12.25 10 Things You Didn't Know About Avalanches 1.25 The Satellite Story 2.25 Doctors to Be: Twenty Years On 2.55 The Late Edition 3.25 10 Things You Didn't Know About Avalanches 4.25 Close

ITV2

1.00 Emmerdale 3.45 Saturday Night Divas 4.50 Film: Police Academy III: Back in Training PG (1986) 6.25 American Idol 7.25 American Idol 9.15 Supernatural 10.15 Film: American Pie 15 (1999) 12.00 Supernatural 1.00 Dancing on Ice 2.25 Dancing on Ice: The Skate Off 2.50 Teleshopping 5.50 ITV2 Nightscreen 6.00 Close

Sky One

1.00 Crash Test Dummies 2.00 The Dog Whisperer 3.00 Project Catwalk 4.00 Malcolm in the Middle 4.30 Malcolm in the

Middle 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.00 Are You Smarter Than a 10 Year Old? 7.00 Brainiac: Science Abuse 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: The Bodyguard 15 (1992) 11.30 Ross Kemp in Afghanistan 12.30 Wives 1.30 Ibiza Uncovered 2.30 The Dog Whisperer 3.20 Robot Wars Extreme 4.10 Little Monsters 5.05 Guilty!

UKTV Gold

1.30 Porridge 2.10 Only Fools and Horses 2.50 Only Fools and Horses 3.30 Film: Romancing the Stone PG (1984) 5.30 Only Fools and Horses 6.10 Only Fools and Horses 6.50 Only Fools and Horses 7.55 Only Fools and Horses 9.00 The Vicar of Dibley 10.15 The Vicar of Dibley 11.30 The Catherine Tate Show 12.10 The Vicar of Dibley 1.25 The Vicar of Dibley 2.30 Dallas 3.20 As Time Goes By 3.50 Close Up 4.00 Yes, Prime Minister 4.35 My Hero 5.05 My Hero 5.35 Neighbours

TCM

1.00 Kiss Me Kate U (1953) 3.00 Ask Any Girl U (1959) 4.50 The VIPs U (1963) 7.05 Our Mother's House PG (1967) 9.00 The Dead Pool 18 (1988) 10.45 Zabriskie Point 15 (1970) 12.55 Wild Rovers 15 (1971) 3.05 Teleshopping 3.20 The Tunnel of Love PG (1958) 5.00 Operation Crossbow PG (1965) Close

The Disney Channel

Kid: programmes from 7am, except: 4.00 Film: Twitcher: Too PG (2007) Fantasy adventure, starring Tia and Tamera Mowry.

MOVIES

Sky Movies Drama

6.20 Oliver Twist PG (2005) 8.40 Drama Close Up 9.10 The Chronicles of Narnia: The Lion, the Witch and the Wardrobe PG (2005) 11.30 Hockey Mom PG (2003) With Jessalyn Gilsig. 1.20 Pacific Heights 15 (1990) With Michael Keaton. 3.20 Oliver Twist PG (2005) With Ben Kingsley. 5.35 The Chronicles of Narnia: The Lion, the Witch and the Wardrobe PG (2005) With Tilda Swinton. 8.00 All the King's Men 12 (2005) With Sean Penn. 10.10 Pacific Heights 15 (1990) With Michael Keaton. 11.55 Sweeney Todd: The Demon Barber of Fleet Street Special 12.10 Sliding Doors 1.55 Keys to Tulsa 18 (1997) With James Spader. 3.50 Hey America 15 (2002) 5.30 Hockey Mom PG (2003)

Sky Movies Comedy

6.10 The Honeymooners PG (2005) 7.50 The Dream Team 15 (1989) 9.50 Madagascar U (2005) 11.20 Princess Caraboo PG (1994) With Phoebe Cates. 1.00 You, Me and Dupree 12 (2006) With Owen Wilson. 3.00 She's the Man 12

(2006) With Amanda Bynes. 4.50 Princess Caraboo PG (1994) With Phoebe Cates. 6.30 Madagascar U (2005) With Ben Stiller. 8.00 You, Me and Dupree 12 (2006) With Owen Wilson. 10.00 She's the Man 12 (2006) With Amanda Bynes. 11.50 Night Shift 15 (1982) With Henry Winkler. 1.40 The Dream Team 15 (1989) With Michael Keaton. 3.35 Packer 15 (1998) 5.05 The Honeymooners PG (2005)

Sky Movies Action

6.35 The Legend of Butch and Sundance PG (2004) 8.05 Rocky Special 8.25 Robin Hood PG (1990) 10.15 Aeon Flux 15 (2005) 11.50 Enemy of the State 15 (1998) With Will Smith. 2.05 Firewall 12 (2006) With Harrison Ford. 3.55 Next of Kin 15 (1989) With Patrick Swayze. 5.45 Red Eye 12 (2005) With Rachel McAdams. 7.15 Poseidon 15 (2006) With Kurt Russell. 9.00 Enemy of the State 15 (1998) With Will Smith. 11.15 Aeon Flux 15 (2005) With Charlize Theron. 12.55 Lucky Number Slevin 18 (2006) With Josh Hartnett. 2.50 Year of the Dragon 18 (1985) With Mickey Rourke. 5.10 The Legend of Butch and Sundance PG (2004)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Live Test Cricket. Australia v India. 8.00 Sky Sports Classics 8.30 Spanish Football 10.00 The Sunday Supplement 11.00 FA Cup Special 1.00 Live Rugby Union. Saracens v Bath (Kick-off 1.15pm). 3.30 Live FA Cup Football. Sheffield United v Manchester City (Kick-off 4.00pm). 6.30 Rugby Union 7.00 Live Spanish Football. A La Liga match. 10.00 FA Cup Football 11.30 Rugby Union 12.00 Wild Spirits 12.30 Live Test Cricket. Australia v India.

Sky Sports 2

6.00 WWE Special 7.00 Football Special 8.00 Live International Cricket. South Africa v West Indies. 4.30 Test Cricket 6.30 Cycling 7.00 NFL: Playbook 8.00 Golf Night 11.00 Test Cricket 12.00 Spanish Football 2.00 FA Cup Football 3.30 Cycling 4.00 Close

Sky Sports 3

6.00 Squash 7.00 Squash 8.00 Seamester Sailing 8.30 World Sport 9.00 NFL: Who Is? 9.30 Live European Tour Golf. The Qatar Masters. 1.30 WWE: Royal Rumble Preview 2.00 NFL: Total Access 2.55 U Can Do It 3.00 WWE: Royal Rumble Preview 3.30 WWE: Experience 4.30 Live Hockey: The National Indoor Finals. 7.30 Seamester Sailing 8.00 Cycling 8.30 WWE: Royal Rumble Preview 9.00 WWE Special 10.00 WWE: Royal Rumble Preview 10.30 WWE:

Late Night - Afterburn 11.30 WWE: Royal Rumble Preview 12.00 WWE: Late Night - Heat 1.00 Golf Night 3.00 Close

British Eurosport

7.30 Australian Open Tennis 8.15 Live Australian Open Tennis. Coverage of the men's final. 11.00 Alpine Skiing 11.30 Live Alpine Skiing. The World Cup meeting in Osterschwang. 12.15 Biathlon 1.00 Live Alpine Skiing. The World Cup meeting from Chamonix. 2.00 Live Figure Skating. The European Championships Gala Exhibition. 4.30 Live African Cup of Nations. Senegal v Angola (Kick-off 5.00pm). 7.15 Live African Cup of Nations. Tunisia v South Africa (Kick-off 7.30pm). 10.00 Australian Open Tennis 11.00 World Rally Championship 11.30 Winterpark Weekend 12.00 World Rally Championship 12.30 Close

Sky Sports Xtra

6.00 Watersports World 7.00 World Sport 7.30 WWE: Royal Rumble Preview 8.00 WWE: Wrestling Special 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Racing News 11.30 Seamester Sailing 12.00 Watersports World 1.00 Squash 2.00 Squash 3.00 Watersports World 4.00 NFL: Total Access 4.55 U Can Do It 5.00 Squash 6.00 Squash 7.00 Test Cricket 9.00 Rugby Union 9.30 Watersports World 10.30 Cycling 11.00 Hockey 2.00 Rugby Union 2.30 Seamester Sailing 3.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Wanted Down Under Revisited. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Car Booty. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (T) 2.10 Neighbours. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather. (T) 3.25 CBBBC: Bear Behaving Badly. (R) (T) 3.45 Skunk Fu! 4.00 The Crust. (R) (T) Thumb Wrestling Federation: TWFF. (R) (T) 4.30 The Revenge Files of Alistair Fury. (T) 5.00 MI High. (R) (T) 5.25 Newsround. (T)

5.35 Neighbours. Bridget embraces her physiotherapy, determined not to live life in a wheelchair, and successfully pleads her case to be discharged from hospital. Declan disagrees with his diagnosis of post-traumatic stress and Mickey gives Janae the cold shoulder - holding her responsible for his pet's illness. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Blackpool Medics. (T)
8.00 EastEnders. Minty is concerned for Hazel's health as she tries to lose weight, but he has some unexpected news to face. Roxy confronts Jack and warns him away from Ronnie, but worries her sister may end up getting hurt. Shirley springs to the defence of a distraught Heather when she hears the news about the wedding, and Tamwar finds himself in the middle of the Masoods' money problems. (T)
8.30 Panorama. Musician Alex James examines Colombia's cocaine trade, meeting the farmers, sellers and enforcers, and learning that dealings in the substance are always underpinned by violent crime. (T)
9.00 Waking the Dead. Part two of two. Detective Boko investigates events that occurred at a hippie commune in 1967, while Dr Ritter grows concerned that Daniel may kill again. Trevor Eve stars. (R) (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Damages. Katie is under pressure as she prepares for her deposition and Patty takes steps to advance her plans after uncovering information connecting Gregory Malina with Frobrisher. Meanwhile, Tom considers an offer from a rival law firm. Legal drama, starring Glenn Close, Tate Donovan, Ted Danson and Anastasia Griffith. (T)
11.20 FILM: Code Breakers (2005). Premiere. Sporting drama, starring Zachery Bryan. (T)
12.50 Sign Zone: Watchdog. (R) (T) 1.20 Sign Zone: Jam & Jerusalem. (R) (T) 1.50 Sign Zone: Wonderland. The Man Who Eats Badgers and Other Strange Tales from Bodmin Moor. (R) (T) 2.30 Sign Zone: Timewatch - The Wreckers. (R) (T) 3.20 Sign Zone: Helicopter Heroes. (R) (T) 4.05 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 6.55 Tweenies Songtime. (R) (T) 7.00 CBBBC: Jakers! (R) (T) 7.25 Newsround. (T) Bernard. (R) (T) 7.30 Chute. (R) (T) 8.00 Wild Tales. (T) 8.30 CBeebies: Mister Maker. (R) 8.50 Charlie and Lola. (R) (T) 9.00 Toddworld. (T) 9.15 The Large Family. (T) 9.25 LazyTown's Mini Workouts. (R) (T) 9.30 Mama Mirabelle's Home Movies. (R) (T) 9.45 Boogie Bees. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: Around Scotland. (T) 10.50 Starship. (T) 11.10 Razzedazzle. (T) 11.30 Watch. (T) 11.45 Barnaby Bear. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: KS2 Science Clips. (T) 1.10 KS2 Science Clips. (T) 1.20 BBC Primary Geography. (T) 1.25 FA Cup Fifth-Round Draw. Live coverage from Soho Square. 1.30 The People Watchers. (T) 2.15 Animal Park. (T) 3.00 Sun, Sea and Bargain Spotting. (R) (T) 3.45 Flop It! (T) 4.30 Ready, Steady, Cook. (R) (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (R) (T) 6.30 Extreme Dreams with Ben Fogle. (T) 7.00 The Great War in Colour: The Wonderful World of Albert Kahn. The impact of war on ordinary people. (T) 7.30 Mastermind. Specialist subjects include Formula One 1980-2006. (T) 8.00 University Challenge. Christ Church College, Oxford, take on the University of Warwick. (T) 8.30 MasterChef. Culinary cook-off in the kitchens of Le Pont de la Tour. (T) 9.00 Paradise or Bust. The tribe build a traditional Fijian house. (T) 10.00 Room 101. Mark Steel voices his opinions on Ben Elton, Bono and politicians who claim to like Scissor Sisters. (R) (T) 10.30 Newsnight. (T) 11.20 Atom: BBC Four on BBC Two. (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone.

Pick of the Day

Paradise or Bust (BBC2, 9pm)

This new series follows the progress of 26-year-old entrepreneurs Ben Keene and Mark Bowness as they attempt to establish a village for eco-tourists on the remote Fijian island of Vorovoro. Last week's series opener followed the pair as they set out to win the approval of the tribal chief, but it was a lack of money, building experience, drinking water and basic shelter that proved to be the most difficult obstacles to overcome. Things seem to be coming along swimmingly in the second episode however, as the new settlers adjust to island life and friendships begin to develop with the native Fijians. With no time to waste, Ben attempts to organise the construction of a traditional Fijian house, which will become the heart of the community. Just as it looks as if there may be light at the end of the tunnel, disaster strikes when a fire breaks out, threatening to destroy the community's fragile foundations. Staff member Becky Hunter orders the evacuation and, together with several other employees, puts her life in danger as they attempt to tackle the blaze. Meanwhile, the Internet community, who help fund projects on the island, begin to question Ben's business motives.

C4

6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Deadly Knowledge Show. (R) (T) 10.00 Take Away My Takeaway. (R) (T) 10.30 Make Me a Grown Up. (R) (T) 3 Minute Wonder. (R) (T) 11.00 Parents & Teens: Welcome to My World; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Vocation, Vocation, Vocation; (R) (T) Before and After. (R) (T) 12.00 News at Noon. (T) 12.30 Come Dine with Me. (R) (T) 1.05 A Place in Greece. (R) (T) 1.40 FILM: Sleep My Love (1948). Thriller, starring Don Ameche. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Shoeshine Stories. New series. Homeless shoe shiners in London. (T) 8.00 Dispatches: Why Kids Kill. The reasons behind violence perpetrated by children. (T) 9.00 City of Vice. The brothers investigate a break-in at a merchant's home. (T) 10.00 My Fake Baby. The likable baby dolls purchased and cared for by women as surrogate children. Sometimes these "reborns" boast beating hearts and tiny veins and can cost thousands of pounds. (R) (T) 11.05 FILM: Eraser (1996). Action thriller, starring Arnold Schwarzenegger. (T) 1.10 Sex Change Hospital. (R) (T) 2.10 World Cup Skiing. 4.00 Channel 4 Education.

FIVE

6.00 Milkshake! Tickle, Patch and Friends. (T) 6.25 Roary the Racing Car. (R) (T) 6.35 The Save-Ums! (R) (T) 6.45 Funky Town. (R) (T) 6.50 Animal Families. (T) 7.05 Miss Spider's Sunny Patch Friends. (R) (T) 7.20 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.45 Mio Mao. 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerfots. (R) (T) 8.20 Big School. (R) (T) 8.30 Peppa Pig. (R) (T) 8.35 Thomas & Friends. (R) (T) 8.45 Sailor Sid. 8.50 Pocoyo. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 RSPCA: On the Frontline. (R) (T) 1.00 Cooking the Books. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.40 FILM: Hart to Hart: Secrets of the Hart (1995). Mystery, starring Robert Wagner. (T) 3.35 five news update. (T) 3.40 FILM: Big Business (1988). Comedy caper, starring Bette Midler and Lily Tomlin. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Cooking the Books. (T) 7.00 five news. (T) 7.30 Rough Guide to Weekend Breaks. Holidays in Antwerp, Dublin and Tel Aviv; (T) 7.30 five news update. 8.00 Fifth Gear. The Toyota Landcruiser is tested; (T) 8.00 five news at 9. 9.00 FILM: Wyatt Earp (1994). Masterly epic Western, chronicling the life of the legendary lawman from his youth to his days as a respected sheriff. Kevin Costner takes the title role, alongside Dennis Quaid. (T) 12.40 Disorderly Conduct. (R) (T) 1.40 NBA 360. 2.15 US PGA Golf. 3.05 Race and Rally UK. 3.30 NASCAR. (R) 4.20 French Football - Le Championnat. 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 Jornal da Tarde 1515 Prova de Amor 1515 Portugal no Coração 1800 Portugal em Direção 1905 O Preço Certo 2000 News 2100 Notas Soltas 2130 Sabe Mais do Que um Mido de 10 Anos? 2230 Pés e Contrás 0130 Film TBA 0400 TeleSales 0605 Nds

RTP2

0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1905 Euronews 2000 1945 Zig Zag 2045 Friends 2115 National Geographic 2150 A Hora da Sorte 2200 News 2240 Seis Graus 2330 Bastidores 0030 Noites 0115 Universidade 0145 Discovery Hour 0245 Diga Lá! Excelência 0345 Eurodeputados 0415 Sociedade Civil 0545 Euronews

SIC

0700 Floribella 0830 Sic Kids 0915 Floribella 1000 Fátima 1300 News 1415 Desajo Proibido 0115 Eterna Magia 1545 Contacto 1800 Sete Pecados 1900 A Ganhar é que a Gente se Entende 2000 News 2130 Os Malucos do Riso 2215 Duas Caras 2330 Resistirei 0030 CSI Miami 0130 Film TBA 0330 Quando o Telefone Toca

TVI

0700 Diário da Manhã 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganhar 1800 Morangos com Açúcar 2000 News 2200 Fâscinios 2300 Deixa-me Amar 0015 Sleeping with the enemy 0200 Toca a Ganhar 0400 A Mascara da Noite 0530 TeleSales

Best of the Rest

BBC3

7.00 Spendaholics 7.30 Match of the Day: Africa Cup of Nations 8.30 Film: Look Who's Talking 12 (1989) 10.00 EastEnders 10.30 Film: Look Who's Talking Too PG (1990) 11.45 Family Guy 12.00 Family Guy 12.30 Dog Borsal 1.30 Spendaholics 2.00 Fat Men Can't Hunt 3.55 Dog Borsal 4.55 Close

BBC4

7.00 World News Today 7.40 Weather 7.30 Summerhill 9.10 Vienna: City of Dreams 10.40 Parallel Worlds, Parallel Lives 11.40 Visions of the Future 12.40 Tales From Vienna 1.40 Vienna: City of Dreams 3.10 Parallel Worlds, Parallel Lives 4.10 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.00 Judge Judy 7.00 Smallville 8.00 Harry Hill's TV Burp 8.30 Superstar Money: Gone Bad 9.00 Film: American Pie 15 (1999) 10.50 Coronation Street 11.25 Coronation Street 11.55 Film: American Pie 2 15 (2001) 1.50 Teleshopping 4.50 ITV2 Nightscreen 6.00 Close

Sky One

1.00 Bones 2.00 Lost 3.10 Stargate SG-1 4.00 Stargate SG-1 5.00 Are You Smarter Than a 10 Year Old? 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Ross Kemp in

Afghanistan 10.00 Prison Break 11.00 Journeyman 12.00 Road Wars 1.00 Ibiza Uncovered 1.50 The Villa 2.40 Mile High 3.30 Dream Team 4.20 Dream Team 5.10 Guilty!

UKTV Gold

1.20 Open All Hours 2.00 Blackadder the Third 2.40 Victoria Wood as Seen on TV 3.20 Keeping Up Appearances 4.00 Open All Hours 4.40 Blackadder the Third 5.20 My Family 6.00 The New Adventures of Old Christine 6.30 The New Adventures of Old Christine 7.00 New Tricks 8.40 My Thin Blue Line 8.40 My Family 9.20 The Vicar of Dibley 10.00 Only Fools and Horses 10.40 One Foot in the Grave 11.20 The Vicar of Dibley 12.00 My Family 12.40 The Royle Family 1.20 The Catherine Tate Show 2.00 One Foot in the Grave 2.30 In Justice 3.15 The New Adventures of Old Christine 3.35 The Bill 4.25 Casualty 5.15 Neighbours 5.35 Neighbours

TCM

1.00 Rhapsody U (1954) 3.00 All the Fine Young Cannibals PG (1960) 5.05 Sunday in New York U (1963) 7.00 Mrs Soffel PG (1984) 9.00 11 Rillington Place 15 (1971) 1.05 Ryan's Daughter 15 (1970) 2.20 Behind the Scenes: Ryan's Daughter 3.00 Teleshopping 3.15 The Angry Hills PG (1959) 5.00 The Fixer 15 (1968)

The Disney Channel

Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

7.05 Between Love and Honor PG (1995) 8.45 Woman with a Past PG (1992) 10.25 The White Countess PG (2005) 12.45 Nurses on the Line: The Crash of Flight 7 PG (1993) With Lindsay Wagner. 2.25 Between Love and Honor PG (1995) With Grant Show. 4.00 Woman with a Past PG (1992) With Pamela Reed. 5.40 The White Countess PG (2005) With Ralph Fiennes. 8.00 Syriana 15 (2005) With George Clooney. 10.10 McVicar 18 (1980) With Roger Daltrey. 12.05 We Don't Live Here Anymore 15 (2004) With Mark Ruffalo. 1.50 Gridlock'd 18 (1997) With Tupac Shakur. 3.25 The Thing Called Love 15 (1993) 5.25 Between Love and Honor PG (1995)

Sky Movies Comedy

6.40 Big Bully PG (1995) 8.15 Family Close Up 8.45 One Fine Day PG (1996) 10.40 Stick It PG (2006) 12.25 Carolina PG (2003) With Julia Stiles. 2.10 Hot Fuzz 15 (2007) With Simon Pegg. 4.15 One Fine Day PG (1996) With George Clooney. 6.15 Stick It PG (2006) With Jeff Bridges. 8.00 Hot Fuzz 15 (2007) With Simon Pegg. 10.00 Rumor Has It 12 (2005) With Jennifer Aniston. 11.45 The Road to Wellville 18 (1994) With Anthony Hopkins. 1.50 This Year's Love 18 (1999)

With Kathy Burke. 3.40 Smokey and the Bandit III 15 (1983) 5.10 Carolina PG (2003)

Sky Movies Action

6.45 The Presidio 15 (1988) 8.30 Munich 15 (2005) 11.15 The Transporter 2 15 (2005) With Jason Statham. 12.50 Streets of Fire 15 (1984) With Michael Pare. 2.30 The Presidio 15 (1988) With Sean Connery. 4.15 X-Men: The Last Stand 12 (2006) With Hugh Jackman. 6.15 Munich 15 (2005) With Eric Bana. 9.00 The Transporter 2 15 (2005) With Jason Statham. 10.30 X-Men: The Last Stand 12 (2006) With Hugh Jackman. 12.15 Blade 18 (1998) With Wesley Snipes. 2.20 Marathon Man 18 (1976) With Dustin Hoffman. 4.30 A Wing and a Prayer 15 (1998)

(R) - repeat programme;

(T) - programme with tele-

text subtitles;

(S) - programme broadcast

ing stereo;

(bw) - black and white.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 4.00 The Royal Today. (T) 4.29 London Weather. (T) 4.30 Wish You Were Here: Now & Then. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find the jackpot hidden inside one of a set of Golden Balls. The two surviving players face the choice of splitting the cash prize or trying to steal it all. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Sam continues to ignore his family's offer of help and begins to feel railroaded by Zak and Lisa. Terry struggles to express his feelings as Duke prepares to leave the village, while Katie has her first scan and is touched by Gray's consideration when he lets her decide if the sex of the baby is to be revealed. (T)

7.30 Coronation Street. The atmosphere is tense when Terry arrives for Vera's funeral and, overcome with grief, Jack collapses during the ceremony as he tries to summon up the courage to pay tribute to his beloved wife. Maria is delighted when Liam returns home early from his business trip, and David tells a concerned Tina about his court case. (T)

8.00 Expats Under Attack: Tonight. (T)
8.30 Coronation Street. An exhausted Jack makes a moving tribute to Vera. Back at the Rovers, Terry takes his father to one side and urges him not to sell the house to Tyrone, and Michelle struggles to suppress her maternal feelings for Alex. Meanwhile, Carla makes a point of letting Maria know that Liam left Birmingham because Tony turned up. (T)

9.00 The Palace. Richard's relationship with Miranda is put under pressure when his dispute with the Prime Minister leaves the politician in a precarious position. The monarch leaves George fuming when he orders his brother to come clean about his role in the hit-and-run incident, while Abigail makes a discovery that she believes will make a juicy addition to her tell-all book. Rupert Evans, Shelley Conn, Sebastian Armesto and Zoe Telford star. (T)

10.00 News at Ten and Weather; Weather. (T)
10.35 FILM: Double Jeopardy (1999). Thriller, starring Ashley Judd. (T)

12.30 Nightwatch with Steve Scott: Crime: (T) ITV News Headlines. 2.10 Loose Women. (R) (T) 3.05 Moving Day. (R) (T) 4.00 ITV Nightscreen.

SPORT

Sky Sports 1

6.00 Live Test Cricket. Australia v India. 8.00 FA Cup Football 9.30 Rugby Union 10.00 Spanish Football 12.00 Rugby Union 12.30 FA Cup Football 2.00 Rugby Union 2.30 Test Cricket 4.30 Soccer AM: The Best Bits 5.30 NFL: America's Game 6.30 Big League Weekend 7.30 Monday Night Live. Leicester City v Crystal Palace (Kick-off 7.45pm). 10.00 Big League Weekend 11.00 Soccer AM: The Best Bits 12.00 Test Cricket 2.00 Big League Weekend 3.00 Soccer AM: The Best Bits 4.00 Close

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 NFL: America's Game 10.00 Hockey 1.00 Race World 2.00 Spanish Football 4.00 Golf Night 6.00 Snow Adventures 6.30 Wild Spirits 7.00 Test Cricket 9.00 Poker 11.00 NFL: America's Game 12.00 Bass Fishing 1.00 Poker 3.00 World Motor Sport 5.30 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Snow Adventures 7.00 WWE: Bottom Line 8.00 Cycling 8.30 Golf Night 10.30 Cycling 11.00 Racing News 11.30 Sky Sports Classics 11.45 NFL: America's Game 1.00 Golf Night 3.00 NFL: America's Game 4.00 Snow

Adventures 4.30 Seamester Sailing 5.00 WWE: Raw 7.00 Airports World 7.30 World Motor Sport 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE: Heat 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 World Rally Championship 8.00 Cyclo-Cross 9.00 Australian Open Tennis 10.00 Ski Jumping 11.00 African Cup of Nations 12.00 African Cup of Nations 1.00 Australian Open Tennis 2.00 Australian Cup of Nations 3.00 Eurogoals 4.45 Live African Cup of Nations. Ghana v Morocco (Kick-off 5.00pm). 7.30 African Cup of Nations 8.30 Australian Open Tennis 9.30 African Cup of Nations 10.30 Eurogoals 11.15 African Cup of Nations 12.15 Close

Sky Sports Xtra

1.30 Seamester Sailing 2.00 Hockey 5.00 Bass Fishing 6.00 Thinking Tackle 7.00 Show Jumping 8.00 Bass Fishing 9.00 Thinking Tackle 10.00 Wild Spirits 10.30 Airports World 11.00 Snow Adventures 11.30 Wild Spirits 12.00 Show Jumping 1.00 Snow Adventures 1.30 Wild Spirits 2.00 Close

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home from your laptop or another computer while you are away.

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⁽¹⁾ Screen not included. IVA not included

⁽²⁾ Installation costs €40 per hour and is not available in every area.

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BBC1

6.00 Breakfast. (T) 9.15 Wanted Down Under Revisited. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Car Booty. (R) (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.40 Doctors. (T) 2.10 Neighbours. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News: Weather; Regional News. (T) 3.25 CBBC: Bear Behaving Badly. (R) (T) 3.45 Skunk Fui (T) 4.00 Prank Patrol. (R) (T) Thumb Wrestling Federation: TWFF. (R) (T) 4.30 Best of Friends. (R) (T) 5.00 Blue Peter. (T) 5.25 Newround. (T)

5.35 Neighbours. Bridget feels overwhelmed. (R) (T)

6.00 BBC News: Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Roxy reveals the truth about Jack, leaving Ronnie reeling in confusion. An ecstatic Minty has trouble keeping the big news to himself, but Hazel seems distracted and Garry is suffering anxieties of his own.

8.00 Dot has trouble making a tape for Jim and is distressed at the difficult decision she has to make. (T) BBC News: Regional News. (T) Holly City. Faye opens up to Joseph about the death of her second husband, and Chrissie discovers Stuart is responsible for Sam's move out of cardiothoracics when she finds the lost patient notes in his locker. Donna is caught out over a deception designed to curtail the teasing about her love life. (T)

9.00 Mistresses. Already upset after demanding that Sally provide proof of Paul's infidelity, Trudi's mood is worsened by Richard trying to charm her back. Hari is furious when Siobhan doesn't make it to the clinic, where she knows her secret pregnancy would be revealed, and Jessica is unfulfilled following her liaisons with both Stella and her boss, Simon. Katie, however, tells her friend that her symptoms point to her being in love. (T) 10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News: Weather. (T)
10.35 Lenny Henry.TV. Impressionist Jon Culshaw joins the comic as he trawls the web to present a selection of humorous Internet video clips. They also look at outrageous shenanigans on CCTV cameras and review online TV broadcasts to find the downloads guaranteed to raise a smile. (T)

11.05 Film 2008 with Jonathan Ross. Review of the monster thriller Cloverfield, produced by the director of Mission: Impossible 3, JJ Abrams. Plus, the latest movies from Oscar-winners Denzel Washington and Halle Berry. (T)

11.35 FILM: Teaching Mrs Tingle (1999). Comedy thriller, starring Helen Mirren. (T) Weatherview.
1.10 Sign Zone: See Hear. (R) (T) 1.40 Sign Zone: Fairy Tales. (R) (T) 2.40 Sign Zone: Helicopter Heroes. (R) (T) 3.25 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 6.55 Tweenies Songtime. (R) (T) 7.00 CBBC: Jakers! (R) (T) 7.25 Newround. (T) Bernard. (R) (T) 7.30 Chute. (R) (T) 8.00 Wild Tales. (T) 8.30 CBeebies: Mister Maker. (R) (T) 8.50 Charlie and Lola. (R) (T) 9.00 Toddworld. (R) (T) 9.15 The Large Family. (R) (T) 9.25 LazyTown's Mini Workouts. (R) (T) 9.30 Mama Mirabelle's Home Movies. (R) (T) 9.45 Boogie Beebies. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: Words and Pictures. (T) 10.40 Words and Pictures. (T) 10.50 BBC Primary Geography. (T) 11.10 Timewatch. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: Maths Challenge. (T) 1.10 Maths Challenge. (T) 1.20 Focus. (T) 1.30 The People Watchers. (T) 2.15 Animal Park. (R) (T) 3.00 Sun, Sea and Bargain Spotting. (R) (T) 3.45 Flag It! (R) (T) 4.30 Ready, Steady, Cook. (R) (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (R) (T) 6.30 Extreme Dreams with Ben Fogle. (T) 7.00 Around the World in 80 Gardens. Monty Don embarks on a horticultural world tour. (R) (T) 8.00 An Island Parish. Father Guy is feeling lonely and isolated. (T) 8.30 MasterChef. Contestants face off in the kitchens of Gilgamesh. (T) 9.00 Horizon. Physicist Dr Brian Cox tries to solve the centuries-old mystery of gravity. Unconventionally competing with Newton and Einstein, he starts in Texas, firing a laser at the moon. (T) 9.50 Coast. Neil Oliver visits Dublin. (T) 10.00 Mock the Week Again. With guests David Mitchell and Fiona Allen. (R) (T) 10.30 Newsnight: Weather. (T) 11.20 Paradise or Bust. (R) (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

C4

6.00 Cubeez. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Deadly Knowledge Show. (R) (T) 3 Minute Wonder. (R) (T) 10.00 Take Away My Takeaway. (R) (T) 3 Minute Wonder. (R) (T) 10.30 Make Me a Grown Up. (R) (T) 3 Minute Wonder. (R) (T) 11.00 Parents & Teens: Welcome to My World. (R) (T) 3 Minute Wonder. (R) (T) 11.30 Vocation, Vocation, Vocation. (R) (T) Before and After. (R) (T) 12.00 News at Noon. (T) 12.30 Come Dine with Me. (R) (T) 1.00 A Place in Greece. (R) (T) 1.35 My Friend Marjorie. (R) (T) 1.45 FILM: Belles on Their Toes (1952). Sequel to 1950 comedy Cheaper by the Dozen, starring Myrna Loy. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Shoe-shine Stories. An ambitious Nigerian shoe shiner talks. (T) 8.00 Superize vs Superskinny. A 33-stone man tries a lactose, wheat, sugar and fat free diet. (T) 9.00 Medicine Men Go Wild. Exploring transcendental forms of pain relief. (T) 10.00 Shameless. Shane thinks he's found his perfect woman, but when she takes him home things don't go as he expects. Meanwhile, Carrie takes the blame for Stan when he's involved in a car accident. (T) 11.05 A Boy Called Alex. (R) (T) 12.10 Late Night Poker. 1.10 Barcelona World Race. (R) 1.45 World Cup Skiing. 3.35 KOTV. (T) 4.00 Channel 4 Education. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Roary the Racing Car. (R) (T) 6.35 The Save-Ums! (R) (T) 6.45 Funky Town. 6.50 Animal Families. (T) 7.05 Miss Spider's Sunny Patch Friends. (R) (T) 7.20 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.45 Mio Mao. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerpots. (R) (T) 8.20 Big School. (R) (T) 8.30 Peppa Pig. (R) (T) 8.35 Thomas & Friends. (R) (T) 8.45 Sailor Sid. (R) (T) 8.50 Pocoyo. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 RSPCA: On the Frontline. (R) (T) 1.00 Cooking the Books. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.35 FILM: Recipe for Revenge (1998). Drama, starring Corbin Bernsen. (T) 3.35 five news update. (T) 3.40 FILM: Stone Cold (2005). Premiere. Detective drama, starring Tom Selleck. (T) 5.30 five news: Weather. (T) 6.00 Home and Away. (T) 6.30 Cooking the Books. (T) 7.00 five news. (T) 7.30 Extraordinary Animals. A second-generation memory champion champ. Last in series; (T) 7.30 five news update. 8.00 Nature Shock. Unexplained deaths among dolphins and porpoises; (T) 8.00 five news at 9. 9.00 CSI: Crime Scene Investigation. A transgender teenager is found hanging from a tree. (T) 10.00 CSI: Miami. A male model is found dead; (R) (T) five news update. 11.00 Law & Order: Criminal Intent. (T) 12.00 FBI Files. (R) (T) 1.00 NBA Basketball. Miami Heat v Boston Celtics (Tip-off 1.30am). 3.30 Football Italiano. 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1415 Prova de Amor 1515
Portugal No Coração 1800
Portugal em Directo 1905 O
Preço Certo 2000 News 2100
Sabe Mais Do Que um Miúdo
de 10 Anos? 2230 Film TBA
0015 Film TBA 0200 Trio D
Ataque 0400 Telesales 0605
Nós
RTP2
0700 Euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Da
Terra Ao Mar 1600 National
Geographic 1700 Zig Zag
1830 A Fé Dos Homens 1900
2010 1945 Zig Zag 2045
Freinds 2110 National
geographic 2200 News 2200
Greys Anatomy 2330 Sempre
em Pé 0040 Noites da 2 0115
Universidades 0145 Hora
Discovery 0245 camara Claa
0355 2010 0535 Sociedade
Civil 0605 Euronews

SIC

0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Desejo Proibido 1415 Eterna
Mágia 1515 Contacto 1800
Sete Pecados 1900 A Ganhar
e Que Agente Se Entende
2000 News 2130 Os Malucos
do Riso 2215 Duas Caras
2330 Restitirei 0030 Entre
Vidas 0130 Entre Vidas 0230
Quando o Telefone Toca

TVI

0700 Diário Da Manhã 1000
Você na TV 1300 News 1400
As Tardes da Júlia 1700
Quem Quer Ganha 1800
Morangos com Açúcar 2130
News 2215 Doce Fugitiva
2315 Film TBA 0230 Film
TBA

Best of the Rest

BBC3

7.00 Spendaholics 7.30 Match
of the Day: Africa Cup of
Nations 8.30 Dog Borsal 9.00
Kill It, Cook It, Eat It 10.00
EastEnders 10.30 Film: Look
Who's Talking Now PG (1993)
12.05 Family Guy 12.30 Family
Guy 12.50 Dog Borsal 1.20
Fat Men Can't Hunt 2.20
Spendaholics 2.50 Kill It, Cook
It, Eat It 3.45 Kizzy: Mum at 14
4.45 Close
BBC4
7.00 World News Today 7.00
Weather 7.30 Pop Go the
Sixties 7.35 Batman 8.00
Around the World in 80
Treasures 9.00 Goodness
Gracious Me 9.30 The
Armstrong & Miller Show 10.00
Citizen Smith 10.30 The Devil
Came on Horseback: Storyville
12.00 10 Things You Didn't
Know About Tsunamis 1.00
Visions of the Future 2.00
Citizen Smith 2.30 Tales from
Copenhagen 3.30 10 Things
You Didn't Know About
Tsunamis 4.30 Close

ITV2

1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy Raphael
5.20 The Montel Williams Show
6.00 Judge Judy 7.00 Smallville
8.00 American Princess 9.00
Film: American Pie 2 15 (2001)
11.00 Film: American Pie: The
Wedding 15 (2003) 12.55
Entourage Uncovered 1.25
Judge Judy 1.45 Teleshopping
4.45 ITV2 Nightscreen 6.00
Close

Sky One

1.00 Bones 2.00 Lost 3.00
Stargate SG-1 4.00 Stargate
SG-1 5.00 Are You Smarter
Than a 10 Year Old? 6.00

Futurama 6.30 Malcolm in the
Middle 7.00 The Simpsons 7.30
The Simpsons 8.00 Stargate
Atlantis 9.00 Film: Conspiracy
Theory 15 (1997) 11.30 Road
Wars 12.30 Road Wars 1.30
Ibiza Uncovered 2.20 Mile High
3.10 Bite Size Brainiac 3.30
Dream Team 4.20 Dream Team
5.10 Gullyt!

UKTV Gold

1.20 Open All Hours 2.00
Blackadder the Third 2.40
Victoria Wood as Seen on TV
3.20 Keeping Up Appearances
4.00 Open All Hours 4.40
Blackadder the Third 5.20 My
Family 6.00 The New
Adventures of Old Christine
6.30 The New Adventures of
Old Christine 7.00 New Tricks
8.00 Only Fools and Horses
8.40 Porridge 9.20 Open All
Hours 10.00 Only Fools and
Horses 10.40 The Royle Family
11.20 The Catherine Tate Show
12.00 Porridge 12.40 Open All
Hours 1.20 Only Fools and
Horses 2.00 The New
Adventures of Old Christine
2.25 The New Adventures of
Old Christine 2.50 In Justice
3.35 The Bill 4.25 Casualty
5.15 Neighbours 5.35
Neighbours

TCM

1.00 Oliver Twist 3.00 Young
Bess U (1953) 5.10 The
Unsinkable Molly Brown U
(1964) 7.25 A Very Private
Affair PG (1961) 9.00 The Right
Stuff 15 (1983) 12.15 Sitting
Target 15 (1972) 1.50 Bonnie
Scotland U (1935) 3.10
Teleshopping 3.25 The
Alphabet Murders U (1966) 5.00
Bridge to the Sun U (1961)

The Disney Channel

Kids' programmes from 7am,
except:

MOVIES

Sky Movies Drama

7.00 Joshua U (2002) 8.40
Falsely Accused PG (1993)
10.20 Ride to Freedom: The
Rosa Parks Story PG (2001)
12.00 A Good Woman PG
(2004) With Helen Hunt.
1.40 Cinderella Man 12
(2005) With Russell Crowe.
4.10 Ride to Freedom: The
Rosa Parks Story PG (2001)
With Angela Bassett. 6.05
A Good Woman PG (2004)
With Helen Hunt. 8.00 United
93 15 (2006) With Christian
Clemenson. 10.00
Cinderella Man 12 (2005)
With Russell Crowe. 12.30
The Exorcism of Emily Rose
15 (2005) With Laura
Linney. 2.40 The Players
Club 18 (1998) With
LisaRaye. 4.35 Joshua U
(2002)

Sky Movies Comedy

6.55 Max Rules: Adventures
of a Superspy PG (2005)
8.30 Shooting Fish 12 (1997)
10.25 Holy Man PG (1998)
12.25 My Super Ex-
Girlfriend 12 (2006) With
Uma Thurman. 2.10 Stir
Crazy 15 (1980) With Gene
Wilder. 4.10 Three Amigos!

(R) -repeat programme;

(T) -programme with teletext subtitles;

(S) -programme broadcast in stereo;

(bw) -black and white.

PG (1986) With Steve

Martin. 6.00 Holy Man PG
(1998) With Eddie Murphy.
8.00 My Super Ex-Girlfriend
12 (2006). With Uma
Thurman. 9.45 Stir Crazy 15
(1980) With Gene Wilder.
11.40 Three Amigos! PG
(1986) With Steve Martin.
1.25 The Thing About My
Folks 12 (2005) With Paul
Reiser. 3.05 Shooting Fish
12 (1997) 5.00 Max Rules:
Adventures of a Superspy
PG (2005)

Sky Movies Action

6.05 Switchback 15 (1997)
8.05 Kiss Kiss Bang Bang
15 (2005) 9.50 Armageddon
12 (1998) 12.20 Casino
Royale 12 (2006) With
Daniel Craig. 2.45
Switchback 15 (1997) With
Dennis Quaid. 4.45 Kiss
Kiss Bang Bang 15 (2005)
With Robert Downey Jr.
6.30 Armageddon 12 (1998)
With Bruce Willis. 9.00
Casino Royale 12 (2006)
With Daniel Craig. 11.30
Body Count 18 (1998) With
David Caruso. 1.05 Black
Rain 18 (1989) With Michael
Douglas. 3.15 Turbulence 18
(1997) 5.00 Volcano: Fire
on the Mountain PG (1997)

5.30 ITV Morning News. (T) 6.00 GMTV. (T)
9.25 The Jeremy Kyle Show. (T) 10.30 This
Morning. (T) 12.30 Loose Women. (T) 1.30 ITV
Lunchtime News. (T) 2.00 Dickinson's Real
Deal. (T) 3.00 The Alan Titchmarsh Show. (T)
4.00 The Royal Today. (T) 4.29 London
Weather. (T) 4.30 Wish You Were Here: Now
& Then. (T)

5.00 Golden Balls. Jasper Carrott hosts the
show in which four contestants enter a
game of truth and bluff to find the
jackpot hidden inside one of a set of
Golden Balls. The two surviving players
face the choice of splitting the cash
prize or trying to steal it all. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale: Shot by Both Sides.

Shadrach alerts Sam to Zak and Lisa's
plan to take temporary custody of
Samson so the young father decides to
go on the run - borrowing a gun from his
uncle and stealing money from Pol-
lard's factory. Baby Daniel is put at
risk when Sandy faints and it is re-
vealed that the stubborn old man hasn't
been taking his diabetes medication.
Val refuses to go to her hospital ap-
pointment. (T)

8.00 Who Wants to Be a Millionaire? Chris
Tarrant invites another line-up of con-
testants to have a go at answering
questions that could change their lives
- with lifelines Ask the Audience, Phone
a Friend and 50-50 available to them if
they get stuck. (T)

9.00 Ladette to Lady. A team of experts are
brought in to Eggleston Hall to explain
the subtleties of ladylike grooming to
the young women as they prepare to
host a dinner party for the eligible
bachelors. However, they're in for a
dressing down when an unchaperoned
trip to the pub turns into a bawdy boozie-
up and bouncer Kelly orders the girls
home. After an eventful week, a re-
velation looks set to rock eviction day.
(T)

10.00 News at Ten and Weather; Weather. (T)
10.35 Harry Hill's TV Burp. The quirky comic
takes a characteristically surreal look
at the week's television. As ever the
latest soap sagas, hottest celebrities
and media gossip fall prey to the host's
unusual brand of scrutiny. (R) (T)
11.05 London Talking.

12.05 Crash Scene: Investigators. (R) (T)
12.55 Soundtrack to My Life. (R) (T) 1.20
Nightwatch with Steve Scott: Crime; (T) 1.25
News Headlines. 2.10 Loose Women. (R) (T)
3.00 The Jeremy Kyle Show. (R) (T) 3.55 ITV
Nightscreen.

SPORT

Sky Sports 1

6.00 Good Morning Sports
Fans 9.00 Big League
Weekend 10.00 Soccer AM:
The Best Bits 11.00
Airsports World 11.30 Big
League Weekend 12.30
Soccer AM: The Best Bits
1.30 Big League Weekend
2.30 Soccer AM: The Best
Bits 3.30 Airsports World
4.00 Big League Weekend
5.00 NFL: America's Game
6.00 NFL: Total Access 6.55
U Can Do It 7.00 A-League
7.30 Soccer Special 10.15
Football First 11.45 Football
First 1.15 Revista De La
Liga 2.15 A-League 2.45
World Motor Sport 5.15 Close

Sky Sports 2

6.00 Soccer AM: The Best
Bits 7.00 WWE: Afterburn
8.00 Thinking Tackle 9.00
NFL: America's Game 10.00
World Motor Sport 12.30
Bass Fishing 1.30 Thinking
Tackle 2.30 World Motor
Sport 5.00 Bass Fishing 6.00
Snow Adventures 6.30
Revista De La Liga 7.30 Live
Football Special: Sunderland
v Birmingham City (Kick-off
8.00pm). 10.15 POKER 12.15
NFL: Total Access 1.10 U
Can Do It 1.15 NFL:
America's Game 2.15 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30
Snow Adventures 7.00 Bass
Fishing 8.00 Aerobics Oz
Style 8.30 Snow Adventures
9.00 POKER 11.00 Racing
News 11.30 Aerobics Oz
Style 12.00 NFL: America's

Game 1.00 NFL: Total
Access 1.55 U Can Do It
2.00 POKER 4.00 Thinking
Tackle 5.00 WWE:
Smackdown 7.00 Sports
Unlimited 8.00 Pool 9.00
ASP Surfing 10.00 Revista
De La Liga 11.00 A-League
12.10 Wild Spirits 12.00 Pool
1.00 Sports Unlimited 2.00
Close

British Eurosport

7.30 African Cup of Nations
8.30 Biathlon 9.00 Live
Biathlon. The World Youth
Championships. 10.30
French Rugby 11.00 World
Rally Championship 11.30
African Cup of Nations 12.30
Live Biathlon. The World
Youth Championships. 2.00
Biathlon 2.45 Eurogoals
3.30 African Cup of Nations
4.30 Live African Cup of
Nations. Ivory Coast v Mali
(Kick-off 5.00pm). 7.30
Eurogoals 7.45 African Cup
of Nations 8.30 Eurogoals
9.15 Gooooo! 9.30 African
Cup of Nations 10.30 World
Rally Championship 11.30
African Cup of Nations 12.30
Close

Sky Sports Xtra

4.00 Snow Adventures 4.30
Aerobics Oz Style 5.00 Snow
Adventures 5.30 Show
Jumping 6.30 360 Series
7.00 ASP Surfing 8.00
Aerobics Oz Style 8.30 360
Series 9.00 Snow
Adventures 9.30 Wild Spirits
10.00 Sports Unlimited 11.00
Snow Adventures 11.30 360
Series 12.00 ASP Surfing
1.00 Snow Adventures 1.30
360 Series 2.00 Close



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See page 21

BBC1

6.00 Breakfast. (T) 9.15 Wanted Down Under Revisited. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (T) 2.10 Neighbours. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Bear Behaving Badly. (R) (T) 3.45 Skunk Fu! (R) (T) 4.00 What's New Scooby-Doo? (R) (T) 4.20 Shaun the Sheep: (R) (T) Thumb Wrestling Federation: TWFF. (R) (T) 4.30 Summerhill. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Oliver's jealousy gets the better of him when he suspects Elle is involved with Riley. The feud continues between the Kennedy and Parker families and Lou upsets Harold. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)
7.30 Watchdog. Investigation show, exposing rogue traders and fighting for consumers' rights. With Nicky Campbell, Paul Heiney and Julia Bradbury; (T) BBC News; Regional News. (T)

8.00 FILM: What Women Want (2000). A freak accident gives womanising executive Mel Gibson the ability to hear the thoughts of the opposite sex. Appealing romantic comedy, also starring Helen Hunt and Marisa Tomei. (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. More fortunes are made as the balls are set rolling to decide the all-important numbers. Presented by Scott Mills. (T)

10.40 Match of the Day. Gary Lineker presents highlights of this evening's Premier League matches, including Manchester United v Portsmouth and Everton v Tottenham Hotspur. Pompey have generally been impressive on their travels this season and the Red Devils will need to be at their sharpest in attack to gain another three valuable points. Plus, action from West Ham United v Liverpool and Chelsea v Reading and a look back at last night's fixtures, which featured Arsenal v Newcastle United; (T) National Lottery Update.

11.55 FILM: Earthquake (1974). Disaster epic, starring Charlton Heston. (T)

1.55 Sign Zone: Antiques Roadshow. (R) (T) 2.55 Sign Zone: Natural World. (R) (T) 3.45 Sign Zone: Helicopter Heroes. (R) (T) 4.30 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 6.55 Tweenies Songtime. (R) (T) 7.00 CBBC: Jakers! (R) (T) 7.20 Newsround; (T) Bernard. (R) (T) 7.30 Chute. (R) (T) 8.00 Wild Tales. (T) 8.30 CBeebies: Mister Maker. (T) 8.50 Charlie and Lola. (T) 9.00 Toddworld. (T) 9.15 The Large Family. (T) 9.25 LazyTown's Mini Workouts. (R) (T) 9.30 Mama Mirabelle's Home Movies. (R) (T) 9.45 Boogie Beebies. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 What the Ancients Did for Us. (R) (T) 11.30 The Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 The People Watchers. (T) 2.45 Coast. (T) 3.00 Sun, Sea and Bargain Spotting. (R) (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (R) (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (R) (T) 6.30 Extreme Dreams with Ben Fogle. (T) 7.00 A Tribute to Sir Edmund Hillary: The Race for Everest. Climbing the world's highest mountain. (T) 8.00 Bill Oddie's Wild Side. Finding wildlife on a landfill site. (T) 8.30 MasterChef. Six more aspiring chefs compete. (T) 9.00 Torchwood. Toshiko falls for a soldier who holds the key to saving the world. (T) 9.50 Wonderland: Virtual Adultery and Cyberspace Love. A woman travels 5,000 miles to meet a man she got to know online. (T) 10.30 Newsnight; Weather. (T) 11.20 Desi Dana. (T) 11.50 Indian School: BBC Four on BBC Two. (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

Ice Road Truckers (five, 8pm)

It might be new to our screens, but this series has already proved to be a massive hit in the States, where it gained the highest-ever ratings for its debut on The History Channel. The documentary follows the treacherous journey of six men who, for two months, take on an incredibly dangerous job - hauling vital supplies over frozen lakes in Canada's Northwest Territory, using 350 miles of roads made purely of ice. Time is limited as the roads are only there as long as the lakes stay frozen, and enough supplies must be carried across the roads to keep Canada's diamond industry - at \$1.9 billion a year, it's the third largest in the world - up and running. Truckers take on the challenge because they can make up to \$2,000 per delivery, which means they could earn a year's wage in just a couple of months. A group of brave men, including some ice veterans and a few rookies, prepare for the challenges ahead. But do the new guys understand the dangers involved, or do they just see an easy way to make some cash? After all, even those with experience have trouble: one seven-year veteran has a difficult time driving with a 17-ton water tank in his truck.

C4

6.00 Cubez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder. (R) (T) 10.00 Take Away My Takeaway; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Make Me a Grown Up; (R) (T) 3 Minute Wonder. (R) (T) 11.00 Parents & Teens: Welcome to My World; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Vocation, Vocation; (R) (T) 11.30 Before and After. (R) (T) 12.00 News at Noon. (T) 12.30 Come Dine with Me. (R) (T) 1.00 A Place in Greece. (R) (T) 1.35 John and Karen. (R) (T) 1.45 FILM: Blithe Spirit (1945). Supernatural comedy, starring Rex Harrison. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Shoeshine Stories. One of London's few female shoe shiners. (T) 8.00 Relocation, Relocation. A couple buying properties in two locations they've never visited. (T) 9.00 Grand Designs. An architect designs an unusual home for his family where everything is white and open plan while using materials and systems more commonly used in office builds. (T) 10.00 Ramsay's Kitchen Nightmares USA. A struggling restaurant on Long Island. (T) 11.05 4Music: Kylie Minogue: Video Exclusive. (T) 11.10 Shameless. (R) (T) 12.15 Modern Toss. (R) (T) 12.45 4Play: The Harrisons. (T) 1.00 4Music: Download Festival 2007. (R) (T) 2.05 FILM: Life as a House (2001). Tear-jerking drama, starring Kevin Kline. (T) 4.25 Richard & Judy. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Roary the Racing Car. (R) (T) 6.35 The Save-Ums! (R) (T) 6.45 Funky Town. 6.50 Animal Families. (T) 7.05 Miss Spider's Sunny Patch Friends. (R) (T) 7.20 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.45 Mio Mao. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerlots. (R) (T) 8.20 Big School. (R) (T) 8.30 Peppa Pig. (R) (T) 8.35 Thomas & Friends. (R) (T) 8.50 Pocoyo. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 RSPCA: On the Frontline. (R) (T) 1.00 Cooking the Books. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.45 FILM: Shootout (1971). Western, starring Gregory Peck. (T) 3.35 five news update. (T) 3.40 FILM: Taming Andrew (2000). Drama, starring Park Overall. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Cooking the Books. (T) 7.00 five news. (T) 7.30 It Pays to Watch. Advice on car insurance; (T) 7.30 five news update. 8.00 Ice Road Truckers. New series. Hauling supplies over frozen Canadian lakes; (T) 8.00 five news at 9. 9.00 FILM: The Running Man (1987). Convict Arnold Schwarzenegger takes part in a brutal TV game show in which he's hunted through Los Angeles by trained killers. Thrilling action adventure, with Yaphet Kotto. 11.00 Lookdown. (T) 12.00 Poker Den: The Big Game II. 1.30 A1 Grand Prix. 2.20 The Raid. 2.50 Boxing USA. 4.00 NBA Fit. 4.20 AMA Supercross. 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

LOCAL

RTP1
0630 Bom dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 1800
Portugal em directo 1905 O
Preço Certo 2000 News 2330
Film TBA 0130 Foyle's War
0400 Telesao 0605 NOS
RTP2
0700 euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Da
Terra ao Mar 1615 National
Geographic 1700 Zig Zag 1830
A Fé dos Homens 1900
Biosfera 1945 zig Zag 2045
Friends 2115 National
Geographic 2200 News 2240
The Nine 2330 Clube de
Imprensa 0030 Noites 0145
Discovery Hour 0245
Bastidores 0315 Biosfera
0400 Sociedade Civil 0500
Euronews
SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Desejo Proibido 1500 Eterna
Magia 1530 Contacto 1800
Sete Pecados 1900 A Ganhar
é que A Gente se Entende
2000 News 2130 Os Malucos
do Riso 2215 Duas Caras
2330 Restitirei 0030 CSI
Miami 0230 Quando O
telefone Toca
TVI
0700 Diario Da Manha 1000
Vocé na TV 1300 News 1400
As Tardes da Júlia 1700 Que
Quer Ganha 1800 Morangos
com Açúcar - Férias de Verão
2000 News 2115 Ilha dos
Amores 2215 Doce Fugitiva
2315 Tu & Eu 0015 Film TBA
0230 Toca a Ganhar 0345
TVI Negocios 0400 O
Portector IV 0500 Telesao

Best of the Rest

BBC3
7.00 Spendaholics 7.30
Match of the Day: Africa Cup
of Nations 8.30 Dog Bortal
9.00 Sex - with Mum and Dad
10.00 Two Pints of Lager
and a Packet of Crisps 10.30
Little Britain 11.00
Torchwood 11.50 Family Guy
12.15 Family Guy 12.40 Two
Pints of Lager and a Packet
of Crisps 1.05 Sex - with
Mum and Dad 2.05 Fat Men
Can't Hunt 3.05 Dog Bortal
3.35 Spendaholics 4.05
Close
BBC4
7.00 World News Today 7.00
Weather 7.30 Pop Go the
Sixties 7.35 Batman 8.00
The Queen's Castle 9.00
Summits 10.30 The Late
Edition Live 11.00 Film: Blind
Spot: Hitler's Secretary PG
(2002) 12.30 Summits 2.00
10 Things You Didn't Know
About Earthquakes 3.00
Tales from Berlin 4.00 The
Late Edition 4.30 Close
ITV2
1.00 Airline USA 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.00 Judge
Judy 7.00 Smallville 8.00
Supersize Kids: Britain's
Tallest Teens 9.00 Sally
Morgan: Star Psychic 10.00
Film: American Pie: The
Wedding 15 (2003) 11.55
Coronation Street 12.25
Sally Morgan: Star Psychic
1.25 Entourage Uncovered
1.50 Teleshopping 4.50 ITV2
NightScreen 6.00 Close
Sky One
1.00 Bones 2.00 Lost 3.00

Stargate SG-1 4.00 Stargate
SG-1 5.00 Are You Smarter
Than a 10 Year Old? 6.00
Futurama 6.30 Malcolm in
the Middle 7.00 The
Simpsons 7.30 The Simpsons
8.00 The Simpsons 8.30 The
Simpsons 9.00 Project
Catwalk 10.00 Nothing but
the Truth 11.00 Law & Order
12.00 Road Wars 1.00 The
Villa 1.50 The Villa 2.40 Mile
High 3.35 Weeds 4.10 Weeds
4.45 America's Dumbest
Criminals 5.10 Guilty!
UKTV Gold
1.20 Open All Hours 2.00
Blackadder the Third 2.40
Victoria Wood as Seen on TV
3.20 Keeping Up
Appearances 4.00 Open All
Hours 4.40 Blackadder the
Third 5.20 My Family 6.00
The New Adventures of Old
Christine 6.30 The New
Adventures of Old Christine
7.00 New Tricks 8.00
Waterloo Road 9.20 Jekyll
10.40 Only Fools and Horses
12.15 The Catherine Tate
Show 12.55 Little Britain 1.35
Jekyll 2.40 In Justice 3.30
The Bill 4.25 Casualty 5.15
Neighbours 5.35 Neighbours
TCM
1.00 Jezebel U (1938) 3.00
The Boy Friend U (1971) 5.25
The Comedians PG (1967)
8.00 Off Set 9.00 Coma 15
(1978) 11.10 A Clockwork
Orange 18 (1971) 1.30
Arturo's Island 15 (1962)
3.00 Teleshopping 3.20 The
Devil Makes Three U (1952)
5.00 The Teahouse of the
August Moon U (1956)
The Disney Channel
Kids' programmes from 7am,
except:

MOVIES

Sky Movies Drama

6.10 Blessings PG (2003)
7.55 Kissed by an Angel PG
(2000) 9.55 Fear God PG
(1996) 11.55 Victim of Love
PG (1993) With Dwight
Schultz. 1.45 Kissed by an
Angel PG (2000) With Adam
Trese. 3.45 A Cry in the
Dark 15 (1988) With Meryl
Streep. 5.55 Fear God PG
(1996) With Greg Kinnear.
8.00 Midnight in the Garden
of Good and Evil 15 (1997)
With John Cusack. 10.35
Asylum 15 (2005) With
Natalya Richardson. 12.20
A Cry in the Dark 15 (1988)
With Meryl Streep. 2.25 Hard
Men 18 (1996) With Vincent
Regan. 4.10 Blessings PG
(2003)

Sky Movies Comedy

6.25 The Clinic PG (2004)
8.05 Teen Wolf PG (1985)
9.40 Crazy People 15 (1990)
11.25 Madagascar U (2005)
With Ben Stiller. 1.10 The
Break-Up 15 (2006) With
Jennifer Aniston. 3.10
Scary Movie 4 15 (2006)
With Anna Faris. 4.40 Teen
Wolf PG (1985) With Michael
J. Fox. 6.15 Madagascar U
(2005) With Ben Stiller. 8.00

(R)-repeat programme;

(T)-programme with teletextsubtitles;

(S)-programme broadcastin stereo;

(bw)-blackandwhite.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans
9.00 Football First 10.30
Revista De La Liga 11.30 A-
League 12.00 Football First
1.30 Football First 3.30 Revista
De La Liga 4.00 A-League 4.30
Wild Spirits 5.00 NFL: America's
Game 6.00 NFL: Total Access
6.55 U Can Do It 7.00 European
Tour Weekly 7.30 Soccer
Special 10.15 Football First
11.45 Football First 1.15 FIFA
Futbol Mundial 1.45 Spanish
Cup Football 3.45 Close

Sky Sports 2

6.00 Revista De La Liga 7.00
WWE: Heat 8.00 Sports
Unlimited 9.00 NFL: America's
Game 10.00 Pool 11.00 Poker
1.00 Pool 2.00 Golf 3.00 ASP
Surfing 4.00 Poker 6.00 A-
League 6.30 FIFA Futbol
Mundial 7.00 Live Football
Special. Manchester United v
Portsmouth (Kick-off 8.00pm).
10.15 Spanish Cup Football
12.15 NFL: Total Access 1.10
U Can Do It 1.15 NFL: America's
Game 2.15 Total Rugby 2.45
Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30
Snow Adventures 7.00
Aerobics Oz Style 7.30 Snow
Adventures 8.00 ASP Surfing
9.00 Snow Adventures 9.30
Wild Spirits 10.00 Golf 11.00
Racing News 11.30 Aerobics
Oz Style 12.00 NFL: America's
Game 1.00 NFL: Total Access
1.55 U Can Do It 2.00 Snow
Adventures 2.30 360 Series
3.00 Sports Unlimited 4.00 Pool
5.00 WWE: Bottom Line 6.00

WWE: Afterburn 7.00
Transworld Sport 8.00 Ten Pin
Bowling 9.00 Golf 10.00
Transworld Sport 11.00
Watersports World 12.00 Ten
Pin Bowling 1.00 Total Rugby
1.30 Poker 3.30 Transworld
Sport 4.30 Close

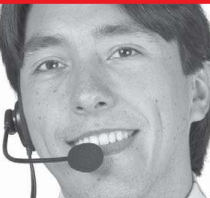
British Eurosport

7.30 Yoz Magazine 8.00 African
Cup of Nations 9.00 Live
Biathlon. The World Youth
Championships. 10.30 Biathlon
11.00 Alpine Skiing 11.30
African Cup of Nations 12.30
Live Biathlon. The World Junior
Championships. 2.00 Biathlon
3.15 WATTS 3.30 African Cup
of Nations 4.30 Live African
Cup of Nations. Cameroon v
Sudan (Kick-off 5.00pm). 5.45
Eurogals 5.55 Live African
Cup of Nations. Cameroon v
Sudan. 7.00 African Cup of
Nations 8.00 Wednesday
Selection 8.05 Show Jumping
9.05 Show Jumping 10.05
Riders Club 10.10 European
Tour Golf 10.40 Golf Club 10.45
Yacht Club 10.50 Sailing 10.55
Wednesday Selection 11.00
African Cup of Nations 12.30
Close

Sky Sports Xtra

4.00 Snow Adventures 4.30
Aerobics Oz Style 5.00 ASP
Surfing 6.00 Golf 7.00
Watersports World 8.00 Total
Rugby 8.30 European Tour
Weekly 8.00 Max Power 10.00
European Tour Weekly 10.30
Total Rugby 11.00 Snow
Adventures 11.30 FIFA Futbol
Mundial 12.00 European Tour
Weekly 12.30 Golf 1.30 Snow
Adventures 2.00 BMX
Supercross 2.30 Close

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60 cents per minute



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BBC1

6.00 Breakfast. (T) 9.15 Wanted Down Under Revisited. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (T) 2.10 Neighbours. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Bear Behaving Badly. (R) (T) 3.45 Skunk Fu! (R) (T) 4.00 Prank Patrol. (R) (T) 4.30 Summerhill. (T) 5.00 Evacuation to the Manor House. (T) 5.25 Newsround. (T)

5.35 Neighbours. Toadie tells Susan that her guilty plea in court will most likely result in a prison sentence, but she remains determined to be punished for her crime despite Karl's desperate pleas. Elle is angry about Oliver and Riley's fight, while Rosie offers Camella some financial help to start up her business. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)

7.30 EastEnders. Alone with her thoughts and reminiscing about her life from childhood through her rocky marriage to Charlie, Dot finally manages to record an emotional message for Jim. She tells him how happy he made her, how much she misses him, and explains why her decision now is the most difficult she's ever had to make; (T) BBC News; Regional News. (T)

8.00 Waterloo Road. Jasmine intervenes when she sees Michaela bullying a younger pupil, unaware of the consequences of her actions. Brett spots a chance to win back Mika's affection and the sparks begin to fly, while Stuart apologises to Rachel for black-mailing her. Elsewhere, a peeved Grantly is assigned to teach ballroom dancing, but earns respect from the kids when he proves he can cut the mustard as a break dancer. Shabana Bakshi stars. (T)

9.00 Fairy Tales. Modern fantasy updating of classic childhood story Three Billy Goats Gruff. Billy Goat are a boy band enjoying relative success in Northern clubs, but craving to expand into pastures new. The only problem is their manager - a troll who knows the music business and has them locked in a watertight contract. Last in series, with Mathew Horne, Bernard Hill and Paul Nicholls. (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Question Time. (T)
11.35 This Week; (T) Weatherview.
12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Gardeners' World Special. (R) (T) 1.25 Sign Zone: Lark Rise to Candleford. (R) (T) 2.25 Sign Zone: A Passion for Plants. (R) (T) 2.55 Sign Zone: Helicopter Heroes. (R) (T) 3.40 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 6.55 Tweenies Songtime. (R) (T) 7.00 CBBC: Jakers! (R) (T) 7.25 Newsround; (T) Bernard. (R) (T) 7.30 Chute. (R) (T) 8.00 Wild Tales. (T) 8.30 CBeebies: Mister Maker. (R) (T) 8.50 Charlie and Lola. (R) (T) 9.00 Toddworld. (T) 9.15 The Large Family. (T) 9.25 LazyTown's Mini Workouts. (R) (T) 9.30 Mama Mirabelle's Home Movies. (R) (T) 9.45 Boogie Beebies. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: Focus. (T) 10.50 Let's Write Non-Fiction. (T) 11.10 Starship. (T) 11.30 See You, See Me. (T) 11.50 Henry's Wives with Terry Deary. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Hands on Nature. (R) (T) 1.30 The People Watchers. (T) 2.15 Animal Park. (R) (T) 3.00 Sun, Sea and Bargain Spotting. (R) (T) 3.45 Flog It! (T) 4.30 Ready, Steady, Cook. (R) (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (R) (T) 6.30 Extreme Dreams with Ben Fogle. (T) 7.00 Torchwood. Toshiko falls for a soldier who holds the key to saving the world. (T) 7.50 Torchwood Declassified. Behind the scenes of the sci-fi series. (T) 8.00 MasterChef. Three contestants cook at The Living Room restaurant. (T) 9.00 Never Mind the Buzzcocks. With ex-Pulp guitarist Richard Hawley. (T) 9.30 Little Miss Jocelyn. A lady turns up with nothing to wear. (T) 10.00 Never Better. Keith learns his brother-in-law is also an addict. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Road to the Super Bowl. (T) 11.50 FILM: Captain Apache (1971). Western, starring Lee Van Cleef. (T) 1.20 BBC News 24. (T) 2.00 BBC Learning Zone.

Pick of the Day

Make Your Child Brilliant (five, 9pm)

Education guru Bernadette Tynan helps children whose talents are overlooked. In this edition of the documentary series, she heads for Middleton Primary School in Nottingham and attempts to find a child who could benefit from her techniques. She whittles her list down to five talented individuals, before settling on Molly, an inquisitive girl who has a hard time retaining information. Bernadette attempts to develop her "wonderful curiosity" and sets her the challenge of delivering a scientific demonstration about marine evolution to a large audience at an aquarium. Stage one of Bernadette's training programme is to give Molly a visual image of success. Once she can see her goal, Tynan then gives her the tools to reach her goal, one of the most important being a good memory. Following two months of training, Molly is like a different person. "She's becoming a lot more independent with her learning," says her teacher. With two days to go until her presentation, Molly attempts to bring to mind everything she has learned. "To pull it off now," says Bernadette, "all she needs is confidence in her ability."

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder. (R) (T) 10.00 Take Away My Takeaway; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Make Me a Grown Up; (R) (T) 3 Minute Wonder. (R) (T) 11.00 Parents & Teens: Welcome to My World; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Vocation, Vocation, Vocation; (R) (T) Before and After. (R) (T) 12.00 News at Noon. (T) 12.30 Come Dine with Me. (R) (T) 1.00 A Place in Greece. (R) (T) 1.35 The Tale of Sir Richard. (R) (T) 1.45 FILM: Raising the Wind (1961). Comedy, starring James Robertson Justice. (T) 3.25 Countdown. (R) (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Shoeshine Stories. A former drug addict who has turned his life around. Last in series. 8.00 Jamie at Home. Jamie Oliver demonstrates the versatility of pastry. (T) 8.30 Jamie at Home. Dishes using free-range eggs. (T) 9.00 Scams, Fiddles and Honest Claims. Observing the fraud squad of insurance company Norwich Union. (T) 10.00 The Convention Crasher. Justin Lee Collins joins a clown convention. Last in series. (T) 11.05 Celebrity Wife Swap. (R) (T) 12.10 The Sopranos. (R) (T) 1.25 FILM: Inside Deep Throat (2005). Documentary examining the notorious adult film. (T) 3.10 Transworld Sport. (R) (T) 4.00 Urban Beach Tour. (R) 4.25 Richard & Judy. (R) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Roary the Racing Car. (R) (T) 6.35 The Save-Ums! (R) (T) 6.45 Funky Town. 6.50 Animal Families. (T) 7.05 Miss Spider's Sunny Patch Friends. (R) (T) 7.20 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerlotos. (R) (T) 8.20 Big School. (R) (T) 8.30 Peppa Pig. (R) (T) 8.35 Thomas & Friends. (R) (T) 8.50 Pocoyo. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 RSPCA: On the Frontline. (R) (T) 1.00 Cooking the Books. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.35 FILM: The Morrison Murders (1996). Mystery, starring John Corbett. (T) 3.35 five news update. (T) 3.40 FILM: Unholy Matrimony (1988). Fact-based drama, starring Patrick Duffy. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Cooking the Books. (T) 7.00 five news. (T) 7.30 How Do They Do It? How Cold War military hardware is being recycled; (T) 7.30 five news update. 8.00 Build a New Life in the Country - Was It Worth It? An ambitious effort to convert a water tower into a dream home; (T) 8.00 five news at 9.00 Make Your Child Brilliant. An inquisitive girl who struggles to retain information. (T) 10.00 Banged Up Abroad. Two teenagers from Leicester are romanced by the glamour of drug smuggling, but find themselves arrested and imprisoned in Venezuela. (R) (T) 11.05 30 Rock. (T) 11.35 30 Rock. (T) 12.00 Quiz Call. 4.00 Dutch Football. 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 1800
Portugal em Directo 1855 O
Preço Certo 2000 News 2145
Grande Entrevista 2145 Sabes
mais do que um Múdio de 10
anos? 2345 Film TBA 0145 Film
TBA 0415 Teleales 0605 Nôs
RTP2
0700 Euronews 0715 Zig Zag
0700 Discovery Hour 1400
Sociedade Civil 1530 Da Terra
Ao Mar 1600 National Geographic
1715 Zig Zag 1830 A Fé dos
Homens 1900 Iniciativa 1945
Zig Zag 2045 Freinds 2115
National Geographic 2200
News 2240 Sobrenatural 2330
Balanço & Contas 0030 Noites
2 0115 Universidades 0145
Discovery Hour 0245 Iniciativa
0330 Liga dos Últimos 0400
Sociedade Civil 0530
Euronews

SIC

0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta
1515 Contacto 1600 Film TBA
1800 Film TBA 2000 News 2115
Chiquititas 2215 Paraíso
Tropical 2315 Vingança 0015
CSI New York 0115 CSI Las
Vegas 0215 Film TBA
TVI
0700 Diário Da Manhã 1000
Você na TV 1300 News 1400
Tarde de Julia 1700 Quem Quer
Ganha 1800 Morangos Com
Açúcar 2000 News 2115 Ilha
dos Amores 2215 Doce Fugitiva
2330 Tu e Eu 0110 Escriório
0200 Cartaz das Artes 0230
Toca a Ganhar 0345 TVI
Negócios 0400 Protector IV
0445 Teleales

Best of the Rest

BBC3

7.00 Spendaholics 7.30 Match
of the Day: Africa Cup of
Nations 8.30 Dog Borsal 9.00
Kill It, Cook It, Eat It 10.00
EastEnders 10.30 Little
Britain 11.00 Family Guy 11.25
Family Guy 11.45 Sex - with
Mum and Dad 12.45 Dog
Borsal 1.15 Fat Men Can't
Hunt 2.05 Spendaholics 2.35
Kill It, Cook It, Eat It 3.40 Close
with Mum and Dad 4.40 Close

BBC4

7.00 World News Today 7.00
Weather 7.30 Masterpieces
of the East 8.00 Michael Wood:
The Story of India 9.00 The
Art of Spain 10.00 Children of
Guernica 10.40 Summits
12.10 The Art of Spain 1.10
Visions of the Future 2.10
Tales from Madrid 3.10 The
Art of Spain 4.10 Close

ITV2

1.00 Airline USA 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.00 Judge
Judy 7.00 Smallville 8.00
American Idol 9.00 Coleen's
Real Women 10.00
Supernatural 11.00 Entourage
11.30 The Office: An American
Workplace 12.00 Coleen's
Real Women 1.00 Entourage
1.30 The Office: An American
Workplace 2.00 Teleshopping
5.00 ITV2 Nightscreen 6.00
Close

Sky One

1.00 Bones 2.00 Lost 3.00
Stargate SG-1 4.00 Stargate
SG-1 5.00 Are You Smarter
than a 10 Year Old? 6.00
Futurama 7.00 Malcolm in the
Middle 7.30 The Simpsons

7.30 The Simpsons 8.00 The
Simpsons 8.30 The Simpsons
9.00 Wives 10.00 Journeyman
11.00 Prison Break 12.00 Ibiza
Uncovered 1.00 The Villa 1.50
Mile High 2.40 Football News
3.35 Weeds 4.10 Weeds 4.45
America's Dumbest Criminals
5.10 Gullit!

UKTV Gold

1.20 Open All Hours 2.00
Blackadder Goes Forth 2.40
Victoria Wood as Seen on TV
3.20 Keeping Up Appearances
4.00 Open All Hours 4.40
Blackadder Goes Forth 5.20
My Family 6.00 The New
Adventures of Old Christine
6.30 The New Adventures of
Old Christine 7.00 New Tricks
8.00 Only Fools and Horses
9.35 The Vicar of Dibley 10.35
The Royle Family: The Queen
of Sheba 11.50 The Catherine
Tate Show 12.30 Little Britain
1.10 The Royle Family: The
Queen of Sheba 2.15 The
New Adventures of Old
Christine 2.35 The New
Adventures of Old Christine
2.55 In Justice 3.40 The Bill
4.25 Casualty 5.15
Neighbours 5.35 Neighbours
TCM
1.00 Our Mutual Friend 3.00
Travels with My Aunt PG
(1972) 4.50 Where Were You
When the Lights Went Out?
PG (1968) 6.30 North by
Northwest PG (1959) 9.00
Francis 15 (1988) 11.00
GoodFellas 18 (1990) 1.35
2010 PG (1984) 3.35
Teleshopping 3.50 Pick a Star
U (1937) 5.00 Billy the Kid PG
(1941)

The Disney Channel

Kids' programmes from 7am,
except:
6.00 Anna's Dream PG (2002)
7.35 Desperate Justice PG (1993)
9.10 In the Line of Duty: Siegfried
at Marion PG (1992) 10.45 Amistad
15 (1997) 1.20 Volcano 12 (1997)
With Tommy Lee Jones. 3.10
Anna's Dream PG (2002) With
Lindsay Marie Felton. 4.45
Desperate Justice PG (1993) With
Lesley Ann Warren. 6.25 In the
Line of Duty: Siegfried at Marion PG
(1992) With Ed Begley Jr. 8.00
Volcano 12 (1997) With Tommy
Lee Jones. 10.00 Must Love Dogs
12 (2005) With Diane Lane. 11.50
Amistad 15 (1997) With Anthony
Hopkins. 2.30 See You in the
Morning 15 (1989) With Jeff
Bridges. 4.40 Desperate Justice
PG (1993)

Sky Movies Drama

6.00 Anna's Dream PG (2002)
7.35 Desperate Justice PG (1993)
9.10 In the Line of Duty: Siegfried
at Marion PG (1992) 10.45 Amistad
15 (1997) 1.20 Volcano 12 (1997)
With Tommy Lee Jones. 3.10
Anna's Dream PG (2002) With
Lindsay Marie Felton. 4.45
Desperate Justice PG (1993) With
Lesley Ann Warren. 6.25 In the
Line of Duty: Siegfried at Marion PG
(1992) With Ed Begley Jr. 8.00
Volcano 12 (1997) With Tommy
Lee Jones. 10.00 Must Love Dogs
12 (2005) With Diane Lane. 11.50
Amistad 15 (1997) With Anthony
Hopkins. 2.30 See You in the
Morning 15 (1989) With Jeff
Bridges. 4.40 Desperate Justice
PG (1993)

Sky Movies Comedy

6.00 Boys Klub PG (2001) 7.40
Family Close Up 8.10 Never Been
Kissed 12 (1999) 10.00 'Til There
Was You PG (1997) 12.00 The
Holiday 12 (2006) With Cameron
Diaz. 2.20 Police Academy 6:
City Under Siege PG (1989) With
Bubba Smith. 3.50 Kenny Special
4.20 The
Wedding
Singer 12
(1998) With
Adam Sandler.
6.00 Never
Been Kissed
12 (1999) With
D r e w
Barrymore.
8.00 The
Holiday 12
(2006) With
Cameron
Diaz. 10.20

The Wedding Singer 12 (1998)
With Adam Sandler. 12.00 The
Dream Team 15 (1989) With
Michael Keaton. 1.55 Up 'n Under
12 (1998) With Samantha Janus.
3.40 Saving Grace 15 (1999) 5.20
Police Academy 6: City Under
Siege PG (1989)

Sky Movies Action

6.30 Angel Flight Down PG (1996)
8.05 Highlander II: The Quickening
15 (1990) 9.40 The Hunter 15
(1980) 11.30 Adrift 15 (2006) With
Eric Dane. 1.20 Snakes on a
Plane 15 (2006) With Samuel L.
Jackson. 3.20 Highlander II: The
Quickening 15 (1990) With
Christopher Lambert. 4.55 The
Hunter 15 (1980) With Steve
McQueen. 6.45 Action & Thriller
Close Up 7.15 Adrift 15 (2006)
With Eric Dane. 9.00 Snakes on
a Plane 15 (2006) With Samuel L.
Jackson. 10.50 Highlander III:
The Sorcerer 15 (1994) With
Christopher Lambert. 12.35 Lucky
Number Seven 18 (2006) With
John Hartnett. 2.30 Basic Instinct
2 18 (2006) With Sharon Stone.
4.25 Rocky Special 4.40 Angel
Flight Down PG (1996)

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ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The
Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30
Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00
Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh
Show. (T) 4.00 The Royal Today. (T) 4.29 London
Weather. (T) 4.30 Wish You Were Here: Now & Then.
(T)

5.00 Golden Balls. Game show, hosted by Jasper
Carrott. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Pollard suggests to Zak and Lisa
that they launch a TV appeal to find Sam
Gray tells Diane he is starting to feel very
close to Katie, and Val volunteers to take part
in a charity fundraiser. (T)

7.30 Suggs' Survivors. The Madness singer takes
a ride on Europe's oldest roller coaster in
Great Yarmouth, has a lesson in tightrope
walking and tries his hand at bell-making in an
East End factory. (T)

8.00 The Bill. Part six of an eight-part story. The
hit-and-run attack leaves Alisha Daniels too
shaken and terrified to testify against
Morientes and Fox, but she does identify the
third man involved in Carly's death. Emma
and Nate trace the vehicle and score a lucky
bonus in identifying an ammunition seller who
gives them the names of all the gun dealers
on the Jasmine Allen estate. (T)

9.00 Trial & Retribution. Part one of two. A friend
of DCS Walker, the well-known paediatric
surgeon Jonathan Carlisle, is found dead.
When Connor investigates, she discovers
that a recent operation performed by the
doctor resulted in the death of a young girl and
the surgeon had had a restraining order issued
against her grieving father. A game of cat-
and-mouse ensues to find the prime suspect
- leading to a tense face-off at the zoo. John
Lynch, Benedict Taylor and Ben Miles guest
star. (T)

10.00 News at Ten and Weather; Weather. (T)

10.35 Moving Wallpaper. Sam steps into the breach
following Jonathan's resignation but finds it's
a losing battle as Jason and Martine refuse
to play a nude scene and the budget won't
stretch to a spectacular explosion. (R) (T)

11.05 Echo Beach. The Marracks celebrate the
opening of the surf shop cafe in style, but
Grace's big night ends in heartbreak and
disaster. Soap, starring Jason Donovan and
Martine McCutcheon. (R) (T)

11.35 London Ambulance. Paramedic Keith
Bernasconi treats a 64-year-old man for
severe burns, while emergency care practi-
tioner Lysa Walldin picks up the pieces when
a spot of weightlifting goes wrong. (R)

12.05 Nightwatch with Steve Scott: Crime; (T) ITV
News Headlines. 1.50 Loose Women. (R) (T) 2.40 The
Jeremy Kyle Show. (R) (T) 3.35 ITV Nightscreen.

SPORT

Sky Sports 1

6.00 Live European Tour
Golf. The Dubai Desert
Classic. 9.00 Football First
10.30 Live European Tour
Golf. The Dubai Desert
Classic. 1.30 A-League 2.00
FIFA Futbol Mundial 2.30
Total Rugby 3.00 Live
Winning Post Special. The
latest meeting of the Dubai
International Racing
Carnival. 7.00 Premier
League World 7.30 Live
Premier League Darts. The
opening round at the
Glasgow SECC. 11.00
Premier League World 11.30
The Rugby Club 1.00
Spanish Cup Football 3.00
Close

Sky Sports 2

6.00 Good Morning Sports
Fans 9.00 NFL: America's
Game 10.00 Ten Pin Bowling
11.00 Spanish Cup Football
1.00 Total Rugby 1.30
Football First 3.00 Football
First 4.30 NFL: America's
Game 5.30 NFL: Total
Access 6.25 U Can Do It
6.30 Golf Night 9.00 Live
Spanish Cup Football. A
Copa Del Rey quarter-final
second-leg match. 11.00
NFL: Total Access 11.55 U
Can Do It 12.00 NFL:
America's Game 1.00 Golf
Night 3.30 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30
Snow Adventures 7.00 WWE:
Experience 8.00
Watersports World 9.00
Snow Adventures 9.30 Total

Rugby 10.00 Transworld
Sport 11.00 Racing News
11.30 Aerobics Oz Style
12.00 NFL: America's Game
1.00 NFL: Total Access 1.55
U Can Do It 2.00 Snow
Adventures 2.30 Transworld
Sport 3.30 Total Rugby 4.00
WWE: Heat 5.00 The Rugby
Club 6.30 The Dogs 7.00
Race World 8.00 The Rugby
Club 9.30 WWE: Late Night
- Raw 11.30 Extreme
Championship Wrestling
12.30 Premier League World
1.00 Premier League Darts
4.30 Close

British Eurosport

7.30 African Cup of Nations
9.00 World Rally
Championship 10.00
Biathlon 11.00 African Cup
of Nations 1.00 Biathlon 2.00
Figure Skating 3.15 African
Cup of Nations 4.30 Live
African Cup of Nations.
Senegal v South Africa
(Kick-off 5.00pm). 7.30
Eurogals 7.45 African Cup
of Nations 8.30 euroCRASH!
8.45 Eurogals 9.00 French
Rugby 9.30 African Cup of
Nations 10.30 Trial Bikes
11.30 World Rally
Championship 12.30 Close

Sky Sports Xtra

4.00 Snow Adventures 4.30
Aerobics Oz Style 5.00
Netball 7.00 NFL: America's
Game 8.00 ATP Tennis 8.30
Premier League World 9.00
Netball 11.00 Snow
Adventures 11.30 ATP
Tennis 12.00 Rares World
1.00 Snow Adventures 1.30
ATP Tennis 2.00 The Dogs
2.30 Close

IMMEDIATLY!

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BBC1

6.00 Breakfast. (T) 9.15 Wanted Down Under Revisited. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (T) 2.10 Neighbours. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Bear Behaving Badly. (R) (T) 3.45 Skunk Ful (T) 4.00 Basil's Game Show; (T) Thumb Wrestling Federation: TWF. (R) (T) 4.30 Freeform. (T) 5.00 Evacuation to the Manor House. (T) 5.25 Newsround. (T)

5.35 Neighbours. Despite Karl's pleas for forgiveness, Miranda remains intent on seeing Susan punished. Ringo lashes out after being confronted by Pepper about his eating disorder, prompting his teacher to tell him something about her past. Carmella receives an investment offer on her new business venture. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Sky Cops. An insight into the work of police in South Yorkshire as they crack down on car thieves. The programme follows Acting Inspector Helen Sotherton, one of a team of 11 Sheffield-based "sky cops", comprising seven police observers and four civilian pilots. Helen is seen working in league with her brother-in-law to target criminals stealing at will. Narrated by Jamie Theakston; (R) (T) BBC News; Regional News. (T)

8.00 EastEnders. Minky enlists Heather's help in planning a surprise for Hazel, but is brought sharply down to earth by her confession. Jack misses Ronnie, but Roxy resolves to keep him from her and suggests a girls' night on the town. Shabnam comes clean to Zainab about her trip and Dot is cheered up by the reappearance of an old Walford resident. (T)

8.30 Jam & Jerusalem. Tash accepts Spike's proposal of marriage and the couple decide to organise their own unique ceremony, but things don't go to plan and they need Sal's help. Last in series. (T)

9.00 New Tricks. The team reinvestigate the murder of a wages clerk and discover new evidence that leads them to doubt the man executed for the crime was guilty. George Cole guests. (R) (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Friday Night with Jonathan Ross. (T)
11.15 Damages. Katie prepares for her deposition. (R) (T)

12.00 FILM: True Confessions (1981). Crime drama, starring Robert De Niro; (T) Weatherview. (T) 2.05 Sign Zone: Timewatch - The Greatest Knight. (R) (T) 2.55 Sign Zone: Horizon. (R) (T) 3.45 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 6.55 Tweenies Songtime. (R) (T) 7.00 CBBC: Jakers! (R) (T) 7.25 Newsround; (T) Bernard. (R) (T) 7.30 Chute. (R) (T) 8.00 Wild Tales. (T) 8.30 CBeebies: Mister Maker. (R) 8.50 Charlie and Lola. (R) (T) 9.00 Toddworld. (T) 9.15 The Large Family. (T) 9.25 LazyTown's Mini Workouts. (R) (T) 9.30 Mama Mirabelle's Home Movies. (R) (T) 9.45 Boogie Beebies. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: BBC Primary Geography. (T) 10.50 BBC Primary History. (T) 11.10 English Express. (T) 11.30 Pod's Mission. (T) 11.45 Something Special. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.30 The People Watchers. (T) 2.15 Animal Park. (T) 3.00 Sun, Sea and Bargain Spotting. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (R) (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (R) (T) 6.30 Extreme Dreams with Ben Fogle. (T) 7.00 Dirty Little Secrets. New series. Max Flint investigates industrial espionage. (T) 7.30 An Island Parish. Father Guy is feeling lonely and isolated. (R) (T) 8.00 Natural World. The lives of gyalcons and wolves in the Arctic. (T) 8.50 Terms of the Castle Coast. The migratory cycle of the Arctic tern. (T) 9.00 The Choir - Boys Don't Sing. New series. Gareth Malone oversees another choral challenge. (T) 10.00 QI. With Barry Cryer and Jeremy Clarkson. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Later 200 with Jools Holland. (T) 12.35 Star Trek: The Next Generation. (R) (T) 1.20 Star Trek: The Next Generation. (R) (T) 2.05 FILM: Las Vegas Lady (1975). Crime comedy, starring Stella Stevens. (T) 3.30 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Deadly Knowledge Show; (R) (T) 3 Minute Wonder. (R) (T) 10.00 Take Away My Takeaway; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Make Me a Grown Up; (R) (T) 3 Minute Wonder. (R) (T) 11.00 Parents & Teens: Welcome to My World; (R) (T) 3 Minute Wonder. (R) (T) 3.10 Vocation, Vocation, Vocation; (R) (T) Before and After. (R) (T) 12.00 News at Noon. (T) 12.30 Come Dine with Me. (R) (T) 1.00 A Place in Greece. (R) (T) 1.30 Nap. (R) (T) 1.35 FILM: That Riviera Touch (1966). Morecambe and Wise comedy. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 First Cut: Murderers on the Dance Floor. The YouTube clip of inmates dancing to Michael Jackson's Thriller. (R) (T) 8.00 A Place in the Sun: Home or Away. Jonnie Irwin and Jasmine Harman help a couple choose between buying a holiday home in Chamonix, France, or remaining closer to home and relocating to the Devonshire coast. (T) 9.00 Derren Brown: The System. The illusionist explains his betting system. (T) 10.00 Alan Carr's Celebrity Ding Dong. New series. Tongue-in-cheek celebrity challenge show. (T) 10.50 The Law of the Playground. (T) 11.25 TV Heaven, Telly Hell. (R) (T) 11.55 TV Heaven, Telly Hell. (R) (T) 12.30 4Music: The Album Chart Show: Hard-Fi Special. (R) (T) 1.00 4Music: JD Set Presents New York Fund. (T) 1.15 Goalissimo. 2.10 World Cup Snowboard. 4.05 Grudge Match. (R) 4.15 Richard & Judy. (R) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Roary the Racing Car. (R) (T) 6.35 The Save-Ums! (R) (T) 6.50 Animal Families. (T) 7.05 Miss Spider's Sunny Patch Friends. (R) (T) 7.20 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerlots. (R) (T) 8.20 Big School. (R) (T) 8.30 Peppa Pig. (R) (T) 8.35 Thomas & Friends. (R) (T) 8.50 Pocoyo. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 RSPCA: On the Frontline. (R) (T) 1.00 Cooking the Books. (R) (T) 1.25 Russell Grant's Postcards. (R) (T) 1.30 FILM: Trial By Media (2000). Satirical drama, starring Christine Lahti; (T) five news update. (T) 3.30 FILM: The Karen Carpenter Story (1989). Biopic of the singer, starring Cynthia Gibb. (T) 5.30 five news; Weather. (R) (T) 6.00 Home and Away. (T) 6.30 Cooking the Books. (T) 7.00 five news. (T) 7.30 Massive Speed. Chris Barrie explores four-wheel-drive technology; (T) 7.30 five news update. 8.00 Ice Road Truckers. Hauling a water tank over very thin ice. Continues Wednesday; (T) 8.00 five news at 9. 9.00 NCIS. McGee's sister thinks she's killed someone. (T) 10.00 Law & Order: Special Victims Unit. A rape investigation leads the team to a father and son who are being closely guarded under the witness protection programme so they can testify against Russian Mobsters. (R) (T) 11.00 Law & Order: Criminal Intent. (T) (T) 12.00 Quiz Call. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Paçoca da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 1800
Portugal em Directo 1905 O
Preço Certo 2000 Teleas
2100 Contato 2130 Sabe Mais
que um Miúdo de 10 anos? 2230
Sexta, à Noite 0030 Magazine
0100 Film TBA 0300 Só Visto
0400 Teleas
RTP2
0700 EuroNews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 da Terra
ao Mar 1600 National
Geographic 1700 Zig Zag 1830
A Fé dos Homens 1900 A Alma
e a Gente 1945 zig Zag 2045
Friends 2115 National
Geographic 2200 News 2245
O amor no Alasca 2330
Cometary Hour 0030 Noites
da 2 0115 Sempre em Pó 0215
Palco 0330 Sociedade Civil 0500
Euronews
SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta
1515 Contacto 1800 Pé na Jaca
1900 Ganhar é Que se Gente
Se Entende 2000 News 2115
Chiquititas 2215 Paraíso
Tropical 2315 Vingança 0015
CSI Las Vegas 0130 007 -
Octopussy, film 0330 Polhar da
Serpente
TVI
0700 Diário Da Manhã 1000
Você na TV 1300 News 1400
Mundialito de Futebol de Praia
1700 Quem Quer Ganha 1745
Morangos com Açúcar - Férias
de Verão 2000 News 2115
Euromilhões 2130 Ilha dos
Amores 2215 Doce Fugitiva
2330 Tu e Eu 0030 Film TBA

Best of the Rest

BBC3
7.00 Top Gear 8.00 The Most
Annoying People of the Year 2007
9.00 Never Mind the Buzzcocks
9.30 Two Pints of Lager and a
Packet of Crisps 10.00 EastEnders
10.30 Little Britain 11.00 Family
Guy 11.25 Family Guy 11.50 Two
Pints of Lager and a Packet of
Crisps 12.20 Marc Wootton
Exposed 12.50 The Most Annoying
People of the Year 2007 1.45 The
Baby Borrowers on Holiday Changed
My Life 2.45 Marc Wootton Exposed
3.15 Kill It, Cook It, Eat It 4.15
Close
BBC4
7.00 World News Today 7.00
Weather 7.30 Gidon Kremer: Man
of Many Musics 8.30 Brecon Jazz
Festival 2007 9.00 Legends: Ella
Fitzgerald 10.00 Oscar Peterson:
Jazz 625 10.25 In Concert: Oscar
Peterson 10.55 Oscar Peterson:
Words and Music 11.40 Oscar
Peterson: Omnibus 12.45 Batman
1.10 Batman 1.35 Legends: Ella
Fitzgerald 2.35 Gidon Kremer: Man
of Many Musics 3.35 Brecon Jazz
Festival 2007 4.15 Close
ITV2
1.00 Airline USA 1.30 The Jeremy
Kyle Show 2.35 The Jeremy Kyle
Show 3.45 Ricki Lake 4.30 Sally
Jessy Raphael 5.20 The Montel
Williams Show 6.00 Judge Judy
7.00 Smallville 8.00 Tranny and
Susannah Undress the Nation 9.00
American Idol 10.00 Hey Paula!
10.30 Coleen's Real Women 11.30
Coronation Street 12.00 Coronation
Street 12.30 Coleen's Real Women
1.30 Teleshopping 4.30 ITV2
Nightscreen 5.00 ITV2 Nightscreen
5.40 ITV2 Nightscreen 6.00 Close
Sky One
1.00 Bones 2.00 Lost 3.00 Stargate
SG-1 4.00 Stargate SG-1 5.00 Are
You Smarter Than a 10 Year Old?

6.00 Futurama 6.30 Malcolm in the
Middle 7.00 The Simpsons 7.30
The Simpsons 8.00 Are You Smarter
Than a 10 Year Old? 9.00 Film: The
Bodyguard 15 (1992) 11.30 Ross
Kemp in Afghanistan 12.30 Road
Wars 1.30 The Villa 2.30 Mile High
3.25 Weeds 4.00 Weeds 4.35
America's Dumbest Criminals 5.10
Guilty!
UKTV Gold
1.20 Porridge 2.00 Blackadder
Goes Forth 2.40 Victoria Wood as
Seen on TV 3.20 Last of the Summer
Wine 4.00 Porridge 4.40 Blackadder
Goes Forth 5.20 My Family 6.00
The New Adventures of Old
Christine 6.30 The New Adventures
of Old Christine 7.00 New Tricks
8.00 The Vicar of Dibley 9.00
Blackadder II 9.40 Blackadder the
Third 10.20 EuroMillions Draw 10.25
Film: Virus 18 (1999) 12.15
Blackadder II 12.55 Blackadder the
Third 1.35 Little Britain 2.10 In
Justice 2.55 The Bill 3.45 Casualty
4.35 Some Mothers Do 'Ave 'Em
5.05 Close Up 5.15 Neighbours
5.35 Neighbours
TCM
1.00 The Private Lives of Elizabeth
and Essex U (1939) 3.00 A Day at
the Races U (1937) 5.00 The
Prodigal Pig (1955) 7.00 Period of
Adjustment 12 (1962) 9.00 The
Drowning Pool 12 (1975) 11.15 The
Right Stuff 15 (1983) 2.20
Teleshopping 2.40 Mutiny on the
Bounty PG (1935) 5.00 The
Prizefighter and the Lady U (1933)
The Disney Channel
Kids' programmes from 7am,
except: 6.00 Film: Spy Kids 2:
Island of Lost Dreams U (2002)
Family adventure sequel, starring
Antonio Banderas. 9.30 Film: Spy
Kids 2: Island of Lost Dreams U
(2002) Family adventure sequel,
starring Antonio Banderas.

MOVIES

Sky Movies Drama
6.25 Cyrano de Bergerac U
(1990) 8.50 Roman Holiday U
(1953) 10.55 The Chronicles
of Narnia: The Lion, the Witch
and the Wardrobe PG (2005)
1.25 Some Like It Hot U (1959)
With Jack Lemmon. 3.35
Sabrina U (1954) With Audrey
Hepburn. 5.35 The Chronicles
of Narnia: The Lion, the Witch
and the Wardrobe PG (2005)
With Tilda Swinton. 8.00 Some
Like It Hot U (1959) With Jack
Lemmon. 10.05 Sabrina U
(1954) With Audrey Hepburn.
12.05 Roman Holiday U (1953)
With Audrey Hepburn. 2.05
The Towering Inferno 15
(1974) With Paul Newman.
4.50 Cyrano de Bergerac U
(1990)
Sky Movies Comedy
6.50 Carolina PG (2003) 8.35
Michael PG (1996) 10.25
American Dreamz 12 (2006)
12.20 You've Got Mail PG
(1998) With Tom Hanks. 2.20
My Super Ex-Girlfriend 12
(2006) With Uma Thurman.
4.00 Frankie and Johnny 15
(1991) With Michelle Pfeiffer.
6.00 You've Got Mail PG
(1998) With Tom Hanks. 8.00

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

Pick of the Day

Jam & Jerusalem (BBC1, 8.30pm)

After a run that has passed all too briefly, the second series of the somewhat sentimental French and Saunders sitcom, focusing on the members of a Women's Guild in a small West Country village, comes to an end. While starting off to mixed reviews, the comedy has become a bit of a Friday night staple, proving once more that the long-term writing partners still have the ability to pen some of the best material on British screens. And having been aired in Australia, Canada and the United States, the show has now garnered a sizeable international audience. The final episode in the current series sees Tash overjoyed when Spike proposes - an offer she readily accepts. But when the happy couple decide to organise their own unique wedding ceremony, things don't quite go to plan and the pair must turn to Sal to help out and ensure their big day goes off without a hitch. Elsewhere, when Tip and Colin are roped in to help prep the reception, it gives them the chance to sort out their own matrimonial difficulties.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 4.00 The Royal Today. (T) 4.29 London Weather. (T) 4.30 Wish You Were Here: Now & Then. (T)

5.00 Golden Balls. Jasper Carrott hosts the game show based on life-changing amounts of cash hidden inside Golden Balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Katie is left embarrassed after Gray pulls away from her kiss - prompting him to reveal that he is being blackmailed by Perdy. Andy receives the documents for his wedding to Jo, but when she doesn't arrive for a visit he starts to doubt her commitment. Debbie surprises herself when she enjoys looking after her daughter. (T)

7.30 Coronation Street. A guilty Michelle arranges a meeting with Alex, who reveals he's never really been happy with Nick and Wendy, while Jason is stunned when his hopes of a reconciliation with Sarah are dashed. (T)

8.00 Can Tesco Conquer America? Tonight. (T)
8.30 Coronation Street. Steve is furious to discover Michelle went back on her word, and Alex is upset when she bundles him out of the door before Ryan returns. A carefree Jason invites Becky back to his place after sharing a few drinks and Rosie's arrangement with Kevin ruffles a few feathers. Meanwhile, David and Tina cause a rumpus in the pub. (T)

9.00 Moving Wallpaper. Jonathan spreads a rumour that Hugo has quit the show, hoping to motivate the cast to get more involved in the creative process, but the ruse backfires in spectacular fashion. (T)

9.30 Echo Beach. The Polnaren residents rally round Jackie following the fire, while Mark and Grace wait to hear whether Ian will pull through. Soap, starring Jason Donovan and Martine McCutcheon. (T)

10.00 Al Murray's Happy Hour. Boy band Westlife and Match of the Day 2 presenter Adrian Chiles join the fun as the Pub Landlord presents another happy hour of chat and laughter. Music is provided by soft rock five-piece the Feeling. (T)

11.00 The Late News and Weather; Weather. (T)
11.40 Honest. Lindsay gets a job with an insurance company, but soon discovers her new work-mates are every bit as crooked as the burglars and baddies whose handiwork they indemnify against. (R)

12.40 Heist. 1.25 Nightwatch with Steve Scott: Emergency; (T) ITV News Headlines. 3.10 FILM: Titan AE (2000). Animated adventure, with the voice of Matt Damon. (T) 4.45 ITV Nightscreen.

SPORT

Sky Sports 1
6.00 ATP Tennis 6.30 WWE: Raw 8.30 Live International Cricket. Australia v India. 12.00 Sky Cricket Classic 12.30 Live International Cricket. South Africa v West Indies. 8.00 Premier League Preview 8.30 Big League Weekend 9.30 Live Friday Fight Night. Tony Oakley v Peter Haymer. 11.30 Big League Weekend 12.30 Premier League Preview 1.00 International Rugby Union 1.00 Live A1 Grand Prix. The Australian Grand Prix qualifying session. 5.00 Premier League Preview 5.30 World Sport

British Eurosport
7.30 Luge 8.00 Luge 9.00 Live Biathlon. The World Junior Championships. 10.30 African Cup of Nations 12.30 Live Biathlon. The World Junior Championships. 2.00 Biathlon 3.00 African Cup of Nations 5.00 Eurogoals 5.15 Biathlon 6.30 African Cup of Nations 7.30 Strongest Man 8.30 Timbersports Series 9.00 Timbersports Series 9.30 African Cup of Nations 10.00 Eurogoals 10.15 Yoz Magazine 10.45 Wrestling 11.10 Wrestling 12.15 Eurogoals 12.30 Close
Sky Sports Xtra
6.00 Aerobics Oz Style 6.30 Snow Adventures 7.00 The Dogs 7.30 Snow Adventures 8.00 Spanish Cup Football 10.00 Premier League Darts 1.30 Netball 3.30 British Ice Hockey 5.30 Premier League World 6.00 Snow Adventures 6.30 ATP Tennis 7.00 Tight Lines 8.00 British Ice Hockey 10.00 Big League Weekend 11.00 Tight Lines 12.00 British Ice Hockey 2.00 Tight Lines 3.00 World Sport 3.30 NFL: Total Access 4.25 U Can Do It 4.30 NFL: America's Game 5.30 Snow Adventures

Sky Sports 2
6.00 Live European Tour Golf. The Dubai Desert Classic. 9.00 NFL: America's Game 10.00 Premier League World 10.30 Live European Tour Golf. The Dubai Desert Classic. 1.30 Premier League World 2.00 ATP Tennis 2.30 The Rugby Club 4.00 NFL: America's Game 5.00 NFL: Total Access 5.55 U Can Do It 6.00 Big League Weekend 7.00 Premier League Preview 7.30 Live International Rugby Union. England Saxons v Ireland A (Kick-off 7.35pm). 9.30 International Cricket 11.00 Premier League Preview 11.30 NFL: Total Access 12.25 U Can Do It 12.30 NFL: America's Game 1.30 World Sport 2.00 Friday Fight Night 4.00 Tight Lines 5.00 Big League Weekend

Sky Sports 3
6.00 Good Morning Sports Fans 9.00 Netball 11.00 Racing News 11.30 Aerobics Oz Style 12.00

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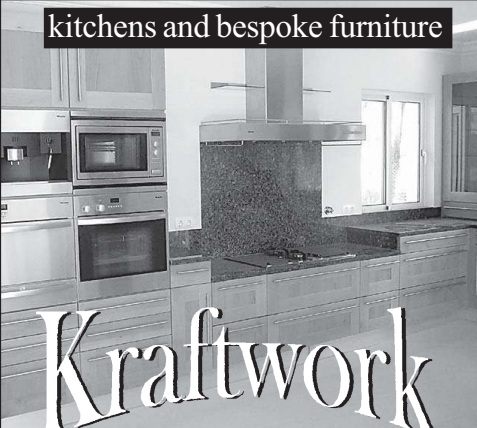
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Upward Glance



with Joyce Voelker

What's In a Name?

In Bible times, great significance was placed on the names given to individuals as well as to cities and other locations. At times the Bible tells us about names that were changed after some life-altering event took place in the individual's life. Abram became *Abraham*, Sarai became *Sarah*, Jacob became *Israel*, Simon became *Peter*, and Saul became *Paul*. Each of these biblical examples of names that were changed is significant because they are proclamations of a promise from Almighty God.

In many cultures today, the naming of a child and the meaning behind the name has a similar significance. Parents may spend months researching and deciding on the perfect name for their baby, making their final decision on its sound, uniqueness or meaning. One of our daughters and her husband are now in the process of evaluating and choosing a name for their unborn child. Is it any wonder that baby name books are a huge business?

When each of our three daughters was born we talked extensively about what names we liked before making a final decision. We wanted to both like the sound of the name and how the first and middle names blended with our last name. We also wanted names that had positive meanings. Our oldest daughter was named *Christine* which means *little follower of the Lord*. Our middle daughter's name, *Angela*, means *messen-*

ger of God. Charity means *love*. Add to it her middle name, *Joy*, and a more fitting name could not have been given to our youngest daughter. The character qualities expressed in the names we gave them became a prayer we would utter over and over again during their growing up years.

There is an even more powerful significance attached to the name, *Jesus*. In Hebrew, the name of the Messiah is *Yeshua*, meaning *salvation* or *Lord who is salvation*. *Messiah* itself (translated *Christ* in Greek) means *anointed*. These titles for our Savior hold special significance during the Christmas season when we ponder the reason God sent Jesus to earth as a baby. He came to fulfill God's perfect and eternal plan to save mankind from sin.

In the name of Jesus, His apostles performed miracles (Acts 3:6-7, 16, 4:10) and cast out demons (Luke 10:17). After His death, resurrection and ascension, they spoke and taught in His name. They baptized believers in the name of Jesus. Scripture also teaches us that only through the name of Jesus can we gain access to the Father (Acts 4:12). No other name in the history of mankind holds equal significance.

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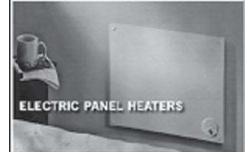
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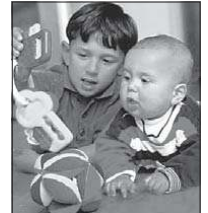
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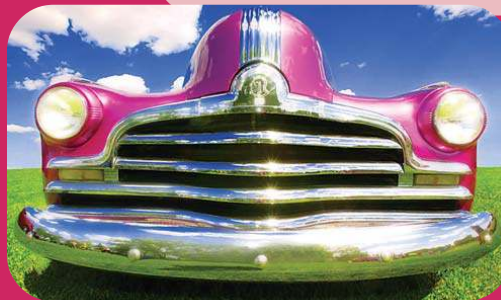
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Thousands follow Lagoa on historical cup tie



Last weekend around 2,000 people from the Algarve city of Lagoa, made their way to Lisbon to show their support for their local football team, which, in the luck of the draw found itself destined to play against one of Portugal's greats, Sporting, in what will go down as an historical game in both of the clubs' histories.

A caravan of nine buses took a large number of the excited supporters to the Alvalade Stadium in Lisbon, whilst others made their way under their own steam.

Those who stayed behind described the city of Lagoa and its neighbouring areas as 'ghostly' on the day that so many left.

It was the first time the two teams had been drawn for a play off, an historical meeting so poignant it even made the evening news; Sporting Clube de Portugal, currently fourth in Portugal's Superliga, and G. D. Lagoa, a slightly lesser-known regional team from the Second Division.

Not quite the fairest of draws, but what Lagoa lacked in multi-million-euro players and international, top flight experience, they made up for in enthusiasm, as did their supporters.

Sporting's predominantly green stadium was awash with yellow hats, scarves and shirts as the mass of 'Lagoenses' made their resounding presence felt, vocally and visually.

It was undeniably an important game for the 37-year-old Algarvean team and its supporters, an event that, despite their best attempts, concluded in an unfortunate (yet possibly predictable) 4-0 loss.

Regardless of their defeat, the players still returned to their hometown hailed as heroes.

According to Nuno Estorninho, director of Lagoa F.C. "No one could have asked for more.

Even though we lost we came here, took on the big boys, put up a good fight, and gave our best. You can't ask for more than that".



Sporting's predominantly green stadium was awash with yellow hats, scarves and shirts as the mass of 'Lagoenses' made their resounding presence felt. (Photo: The Portugal News / Carrie-Marie Bratley)

Gov't, from p.1.

In spite of indications that the European Central Bank will not cut interest rates in the coming months, in the wake of a cut of 0.75 percent in American lending rates by the Federal Reserve to avert economic recession, the Portuguese government says it is still aiming to meet economic growth targets set out late last year in its budget for 2008.

Speaking from Brussels this week, Teixeira dos Santos said: "I don't have any elements that allow or justify altering our economic forecasts.

"There is currently insufficient information available to permit us to evaluate the true impact of the international turbulence being experienced in international markets. We would be only be guessing if we did", added the Minister of Finance.

He refuted the argument that the Government was being overly optimistic when saying that the Portuguese and European economies are in a position to safely navigate their ways through the current worldwide financial crisis.

Teixeira dos Santos also rejected the notion that because the "problem initiated in the United States" it necessarily implied a reduction in the growth of the national economy.

"We are not being overly op-

timistic. Instead, we are basing our position on an objective analysis of the situation", he said at the end of the meeting with fellow European Union finance ministers held this week to discuss the situation of international markets.

He also expressed the view that Europe "has more robust economic foundations" than the U.S., arguing that there is no need for Portugal to be "constantly revising economic growth forecasts".

In the meantime, the ECB is expected to maintain interest rates at 4.0 base points, despite the rate in the U.S. having been slashed to 3.5 percent and news that the Bank of England is preparing to cut its rate from 5.5 percent by either a quarter or half a percentage point in the coming weeks.

ECB President Jean-Claude Trichet's speaking at a monthly press conference this week, surprised many analysts when he indicated that the central bank was more inclined to raise rates than to cut them, though some were still adamant that the Euribor lending rate could be cut by an accumulative 0.50 or even 0.75 percent by year-end with the first cut expected to occur in June, when rates will be reduced by 0.25 percent.

Kidnapping thwarted by toddler's family



The siblings and mother of a four-year-old girl managed to stop her being kidnapped in broad daylight, in the middle of Oporto's city centre.

It is said that the event took place at around 22h00 when the young girl was playing with numerous other children in Oporto's Dr. Tito Fontes square.

Allegedly, a stranger swooped upon the girl, before trying to put her in the back of a car filled with soft toys and playthings.

Her 12-year-old brother raised the alarm, and, along with another 18-year-old sister, managed to stop the individual from speeding off when the elder sibling and her mother jumped into the suspect's car and pulled the handbrake.

PSP officers eventually arrived and arrested the suspect.

The girl's mother, 47-year-old Maria Conceição Ferreira, owner of a local restaurant, told newspaper *Jornal de Notícias* that "the man had been seen earlier during the afternoon staking out the area", and had approached her daughter, "he asked her name and told her she was very pretty".

"I asked him why he wanted to take my daughter, he said he just wanted to say hello, but from what my daughter understood, the individual told her she was going to work with him".

Described as "Asian-looking" and "in his forties", the man has since been released from police custody by Oporto's Criminal Courts.

Huge demand for Euro 2008 tickets

The Portuguese Football Federation (FPF) was this week inundated with requests for tickets to matches of the 2008 European football championships that will be staged jointly by Austria and Switzerland.

On the first day that the FPF opened applications for tickets, a total of 15,000 were sold.

Such was the influx of requests for games, that the FPF site experienced some technical problems, which were later resolved.

The majority of ticket requests emanated from Portugal, though applications were also

made from Brazil, Germany, Japan, Angola, the United States, Australia and even from within the host nation, Switzerland, where Portugal will be playing all its group matches.

The cost of tickets vary from €45 to €550 for those wishing to be at the final. Applications for tickets will expire on January 31st.

SUPERLEAGUE FIXTURES DAY 17

MATCH	DATE	TIME	TV
Braga-Belenenses	Friday	20h30	SportTV
Guimarães-Benfica	Saturday	21h15	TVI
Leixões-P. Ferreira	Sunday	16h00	
Naval-Amadora	Sunday	16h00	
Leiria-Académica	Sunday	16h00	
Nacional-Setúbal	Sunday	18h00	SportTV
Sporting-FC Porto	Sunday	20h00	SportTV
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